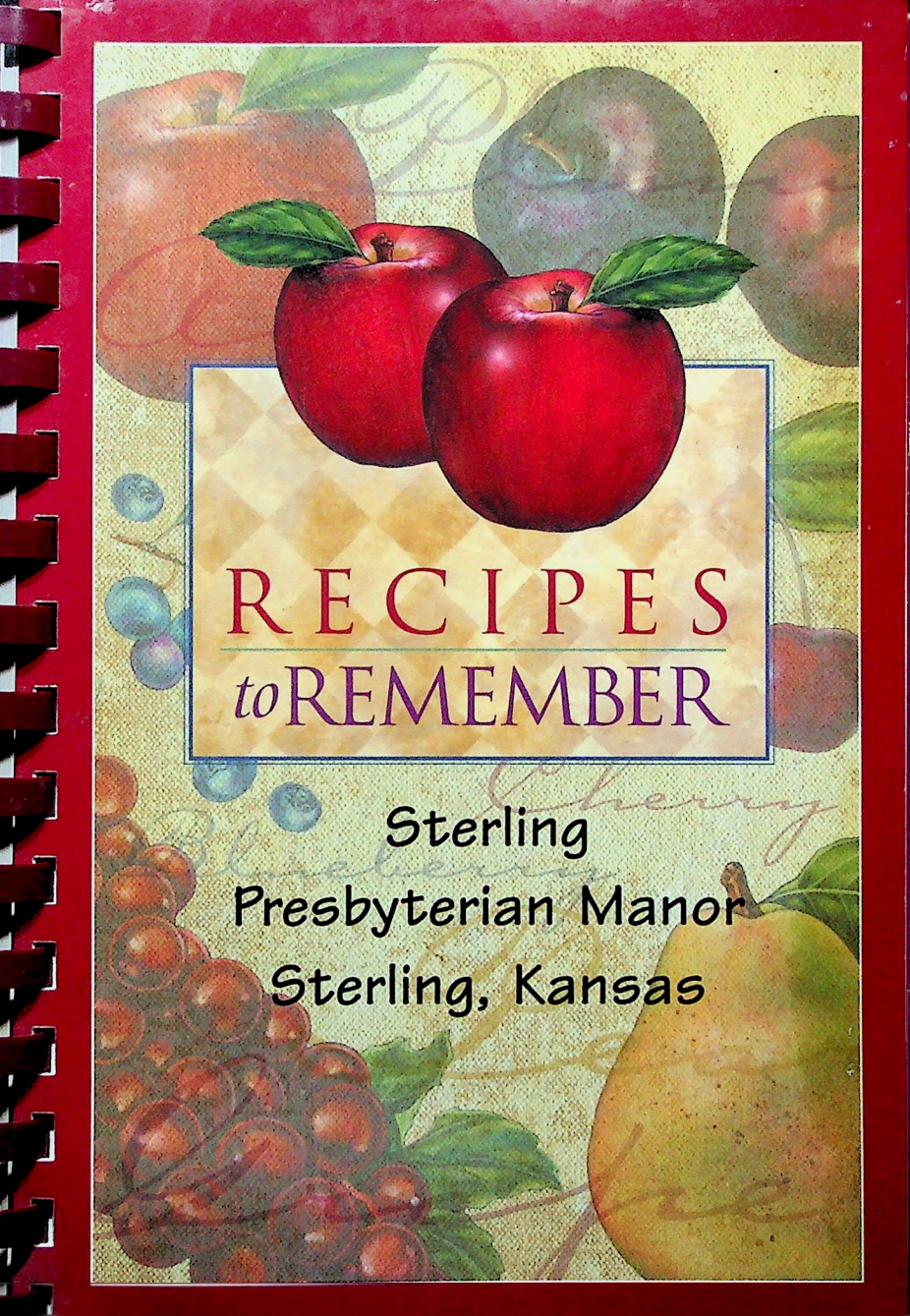
RECIPES
to REMEMBER
Sterling
Presbyterian Manor
Sterling, Kansas

Recipes to Remember

from

Sterling Presbyterian Manor

204 W. Washington

Sterling, KS 67579

620/278-3651

442-04

Dedication

This book is dedicated to the men and women who are employed by the Sterling Presbyterian Manor. Their hard work and determination along with the loving care they provide give the residents the home-like atmosphere in which they live.

From - Maintenance, Housekeeping, Dietary, Social Services, Marketing, Activities, Therapy, Nursing and Administration; departments work together as a team to provide everything it takes to make this house a home. We salute all they do and thank them for their efforts.

Also a big thank you to all who contributed their favorite recipes to this cookbook — to the residents and their families, to the staff and friends of the manor thanks for making this cookbook happen.

— PAST —

Home of the Plains - 1955

— PRESENT —

Sterling Presbyterian Manor 2004

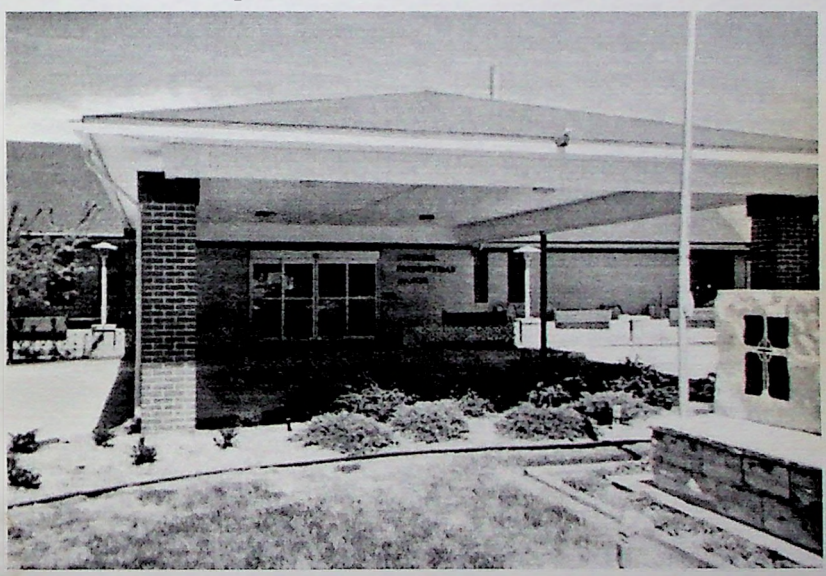

Table of Contents

Appetizers, Beverages 1

Soups, Salads 15

Vegetables 35

Main Dishes 47

Breads, Rolls 75

Desserts 83

Miscellaneous 123

442-04

Favorite Recipes

From My Cookbook

Recipe Name	Page Number

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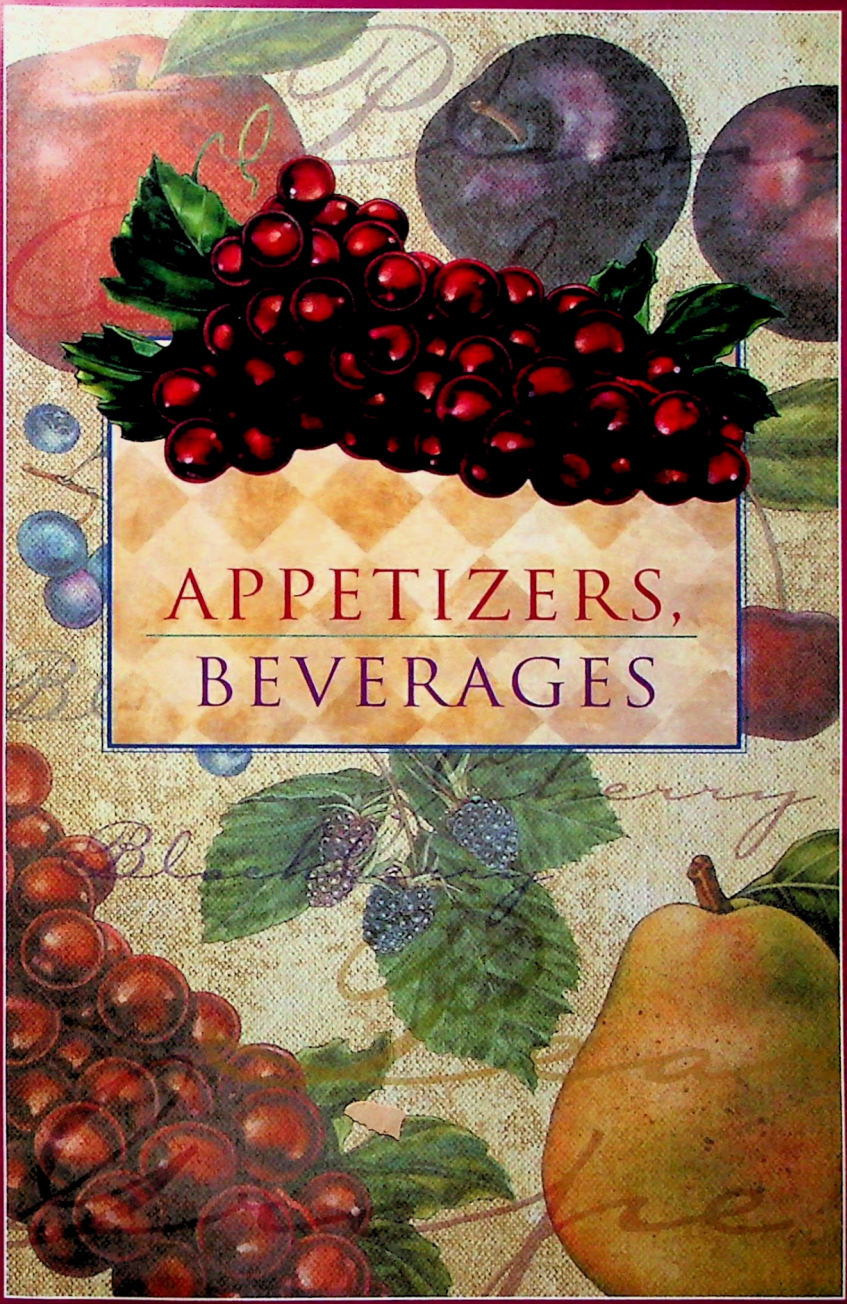
APPETIZERS,
BEVERAGES

FOOD QUANTITIES FOR 25, 50, AND 100 SERVINGS

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Rolls	4 doz.	8 doz.	16 doz.
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	½ lb.	¾ to 1 lb.	1½ lb.
Mayonnaise	1 c.	2 to 3 c.	4 to 6 c.
Mixed filling for sandwiches (meat, eggs, fish)	1½ qt.	2½ to 3 qt.	5 to 6 qt.
Mixed filling (sweet-fruit)	1 qt.	1¾ to 2 qt.	2½ to 4 qt.
Jams & preserves	1½ lb.	3 lb.	6 lb.
Crackers	1½ lb.	3 lb.	6 lb.
Cheese (2 oz. per serving)	3 lb.	6 lb.	12 lb.
Soup	1½ gal.	3 gal.	6 gal.
Salad dressings	1 pt.	2½ pt.	½ gal.
Meat, Poultry, or Fish:			
Wieners (beef)	6½ lb.	13 lb.	25 lb.
Hamburger	9 lb.	18 lb.	35 lb.
Turkey or chicken	13 lb.	25 to 35 lb.	50 to 75 lb.
Fish, large whole (round)	13 lb.	25 lb.	50 lb.
Fish, fillets or steaks	7½ lb.	15 lb.	30 lb.
Salads, Casseroles, Vegetables:			
Potato salad	4¼ qt.	2¼ gal.	4½ gal.
Scalloped potatoes	4½ qt. or 1 12x20" pan	8½ qt.	17 qt.
Mashed potatoes	9 lb.	18-20 lb.	25-35 lb.
Spaghetti	1¼ gal.	2½ gal.	5 gal.
Baked beans	¾ gal.	1¼ gal.	2½ gal.
Jello salad	¾ gal.	1¼ gal.	2½ gal.
Canned vegetables	1 #10 can	2½ #10 cans	4 #10 cans
Fresh Vegetables:			
Lettuce (for salads)	4 heads	8 heads	15 heads
Carrots (3 oz. or ½ c.)	6¼ lb.	12½ lb.	25 lb.
Tomatoes	3-5 lb.	7-10 lb.	14-20 lb.
Desserts:			
Watermelon	37½ lb.	75 lb.	150 lb.
Fruit cup (½ c. per serving)	3 qt.	6 qt.	12 qt.
Cake	1 10x12" sheet cake 1½ 10" layer cakes	1 12x20" sheet cake 3 10" layer cakes	2 12x20" sheet cakes 6 10" layer cakes
Whipping cream	¾ pt.	1½ to 2 pt.	3 pt.
Ice Cream:			
Brick	3¼ qt.	6½ qt.	12½ qt.
Bulk	2¼ qt.	4½ qt. or 1¼ gal.	9 qt. or 2½ gal.
Beverages:			
Coffee	½ lb. and 1½ gal. water	1 lb. and 3 gal. water	2 lb. and 6 gal. water
Tea	⅛ lb. and 1½ gal. water	⅙ lb. and 3 gal. water	⅓ lb. and 6 gal. water
Lemonade	10 to 15 lemons, 1½ gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water

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Appetizers, Beverages

Victorian Tea Sandwiches

2 c. cubed cooked chicken
1 medium unpeeled red apple, chopped
¾ c. dried cranberries
½ c. thinly sliced celery
¼ c. chopped pecans
2 Tbsp. thinly sliced green onions
¾ c. mayonnaise or salad dressing
2 tsp. lime juice
½ to ¾ tsp. curry powder
12 slices bread
Lettuce leaves (optional)

In a bowl, combine the first six ingredients. Combine mayonnaise, lime juice, and curry powder; add to chicken mixture and stir to coat. Cover and refrigerate until ready to serve. Cut each slice of bread with a 3 inch t-shaped cookie cutter. Top with lettuce (if desired) and chicken salad. Yield: 6 servings.

Sadie Goodwin

Hot Artichoke Dip

1 can artichoke hearts, diced
¾ c. mayonnaise
1 block Parmesan cheese, grated

Combine all three ingredients in bowl and mix. Put in pie plate and bake at 350° for 30 minutes or until bubbly.

Cynthia Morton

Curry Dip

1 pt. mayo
1 tsp. horseradish
Grated onion
1 tsp. curry powder
Garlic salt
1 tsp. vinegar

Mix together and refrigerate for several hours. Serve with vegetables.

Jan Hendricks

Mexican Chocolate

2 oz. chocolate bar (without sugar)
2 c. milk
1 c. cream
6 Tbsp. sugar
½ tsp. cinnamon
1 egg
1 tsp. vanilla extract

Melt the chocolate in a double boiler. Heat the milk and the cream. Add the chocolate to make a sufficient paste. Later, add the rest of the milk and the cream, the sugar, and cinnamon. Beat the egg and vanilla with a wooden spoon or with a rotary beater. Add a teaspoon of chocolate to the melted egg. Later, add the egg and chocolate mixture to the hot chocolate. Beat the chocolate over the flame with the beater for 3 minutes. Serve immediately.

Teresa Vazquez

Anytime Dip

8 oz. cream cheese
8 oz. sour cream
1 pkg. dried beef
1 tsp. garlic salt
½ c. chopped green peppers
½ c. chopped onions
½ c. chopped pecans (optional)

Set cream cheese out at room temperature, so it will mix easily. Chop up onions, peppers, and dried beef; cream all. Add rest of ingredients. Bake in pie plate or casserole etc. at 350°. Serve hot or cold with chips and crackers.

Rhonda Evertz

Corn Dip

2 c. Mexican corn
1 c. Ro-Tel
Green onions to taste
1 c. mayo/Miracle Whip
1 c. sour cream
2 c. shredded cheese
Jalapeno peppers to taste

Mix all ingredients together.

Brenda Oliphant

Mini Cajun Hot Stuffed Peppers

24 small round hot peppers
1 lb. lean ground sirloin
1 c. rice
2 tsp. minced garlic
2 tsp. Cajun spice mix
1 Tbsp. ketchup
1 egg
Salt and pepper to taste
1 c. low fat Cheddar cheese, grated

With grapefruit spoon, core and hollow out the hot peppers, being careful to get all the seeds and vein. Mix together the remaining ingredients and stuff the peppers. Place peppers in a baking dish and cover the bottom of the dish with water. Bake at 375° for 35 to 40 minutes until well browned.

Susan Durham

Classic Guacamole

4 avocados, seeded and peeled
2 Tbsp. lemon juice
1 clove garlic, crushed
1 tomato, finely chopped
¼ c. finely chopped onion
¼ tsp. ground cumin
3 to 4 drops Tabasco sauce

Using a fork, coarsely mash avocado with lemon juice and garlic. Stir in remaining ingredients to blend. Serve with tortilla chips. Makes 3½ cups.

Pauline Haney

Mild/Medium/Hot Dip

Experiment with ratio of the following ingredients until you find what suits you.

1 can black-eyed peas, drained and rinsed
Onion, finely chopped
Green pepper, finely chopped
Yellow pepper, finely chopped
Jalapeno pepper, finely chopped

Marinade at least 3 days in your favorite Italian dressing. Serve with small crackers or tortilla chips.

Pauline Haney

Zesty T.V. Mix

8 c. cereal (various Chex, Cheerios)
1½ c. peanuts
1 stick margarine, melted
½ c. grated Parmesan cheese
1 Tbsp. Italian seasoning

Mix cereal, pretzels, and peanuts. Spread mixture in large cake pan and sprinkle margarine, cheese, and seasoning. Bake at 250° for 1 hour, stirring each 15 minutes.

Pauline Haney

Hamburger Cheese Dip

1 lb. ground beef
1 box Velveeta cheese
1 can Ro-Tel

Brown hamburger; drain. Melt Velveeta cheese. Add Ro-Tel and hamburger.

Susan Durham

Onion Dip

1 (16 oz.) container sour cream (plus or minus)
1 env. Lipton onion soup

Mix together.

Brenda Oliphant

Hot or Mild Sauce

1 can tomatoes (small)
3 slices onions, chopped
1 clove garlic, diced
¼ tsp. cumin
2 tsp. oregano
Hot peppers to taste

Put all in blender and blend.

Brenda Oliphant

Vegetable Dip

24 oz. cottage cheese
1 pt. mayonnaise
½ lemon
1 pkg. Hidden Valley dressing mix
¼ to ½ c. milk

Blend cottage cheese and milk in blender until smooth. Add mayonnaise, lemon, and dressing mix and blend. Extras: Dash of garlic, dill seed.

Bonnie Belote

Guacamole Dip

1 ripe avocado
1 small ripe tomato, cut in fine pieces
Dash of garlic powder
Dash of salt
May use small finely chopped onion

Mash avocado, then mix rest of ingredients in bowl. Dip tortilla chips as appetizers.

Lorena Hauschild

No Bake Snack Cracker Mix

1 c. canola oil
1 pkg. Hidden Valley Ranch dressing mix
1 tsp. lemon
1 tsp. pepper
½ tsp. dill weed
4 boxes your favorite crackers (any kind will work, whatever you like - for example: Better Cheddars, Twigs, Munch Ums, etc.)
1 bag pretzels (any kind, sticks, thins, mini, etc.)

Mix the first four ingredients together. Mix the four boxes of snack crackers and pretzels together. Pour dressing mixture over crackers and pretzels. Stir/mix thoroughly. Mix every now and then throughout the day. Be sure to cover crackers with a tight lid.

Janet Bruce

Microwave Caramel Corn-Crispix

¼ c. syrup
1 stick margarine
1 c. brown sugar
½ tsp. salt
½ tsp. soda

Mix margarine, syrup, brown sugar, and salt. Microwave on HIGH for 2 to 3 minutes. Stir. Microwave again for 2 to 3 minutes. Add soda and stir (it will foam up). Pour over popcorn in a brown bag. Shake well. Microwave on HIGH for 1½ minutes and shake; repeat this 2 more times.

Miranda Reed

Divinity Fudge

2 c. sugar
½ c. syrup (white)
½ c. water

Boil until syrup will form a soft ball in cold water. Have ready white of 1 egg beaten stiff. Pour syrup over mixture and beat until stiff.

Margaret Morgart

Pinto Bean Fudge

Mix thoroughly:

½ c. mashed pinto beans
1 lb. confectioners sugar, sifted
⅛ tsp. salt

Melt 1½ cups chocolate chips. When melted, combine with sugar mixture. Add ¼ teaspoon maple extract and ½ cup nutmeats. Add milk as needed. Spread in a well greased pan. Refrigerate and chill well before serving.

Pat Hauschild

Caramel Popcorn

⅓ c. honey
¼ c. molasses
¼ c. Karo
¾ c. sugar
1 stick oleo

Bring to a boil for 2 to 3 minutes; pour over popped corn.

Valerie Saunders

Cheese Ball

1 to 2 Tbsp. milk
8 oz. cream cheese
2 c. grated Cheddar cheese
¼ c. Parmesan cheese or Romano
½ tsp. garlic powder
Dash of salt
Dash of Worcestershire sauce

Roll in paprika and chopped nuts.

Anna Smith

Popcorn Balls

1 c. syrup
½ c. sugar

Bring to a boil. Add 1 small package jello. Stir till dissolved into syrup mixture. Add 9 to 12 cups of popped corn. Let cool a while. Make into balls.

Valerie Saunders

Popcorn Ball Syrup

1 stick oleo
1½ c. brown sugar
3 pinches of soda
1 c. unpopped corn

Melt oleo. Add brown sugar. Stir until dissolved. Add syrup. Let bubble about 1 minute. Remove from heat. Add soda. Pour over popcorn.

Anna Smith

My Mom's Great Peanut Brittle

½ c. water
Dash of salt
1 c. white syrup
2 c. sugar

Cook till spinning stage. Add 2 cups raw peanuts. Cook till light golden brown.

Take off stove and add:

1 Tbsp. butter
1 tsp. vanilla
2 tsp. baking soda

Stir this until it foams a bunch. Pour onto a buttered cookie sheet. Don't spread with spoon, just pour. Place in a cool place to harden. For an added touch, try placing some coconut onto your buttered cookie sheet before you pour the peanut brittle over it. Let harden and break into pieces.

Marlene Robertson, Janet Bruce

Easy Caramel Corn

3 or 4 qt. popcorn
1 stick margarine
2 c. brown sugar
¾ c. dark corn syrup
½ tsp. vanilla

Bring to a boil and boil 1 minute. Take off heat and add ½ teaspoon baking soda. Pour over popped corn and stir well and kind of fast. Yields 4 quarts popcorn coating.

Valerie Saunders

Butter Balls

1 c. butter
2 c. flour, sifted
4 Tbsp. powdered sugar
1 tsp. vanilla
1 c. nuts, chopped (optional)

Cream butter. Add sugar and continue to beat until light. Add vanilla. Add sifted flour and mix well. Fold in chopped nuts. Shape into small balls on an ungreased baking sheet. Bake in a moderate (350°) oven for 15 to 18 minutes. Roll in powdered sugar while hot.

Shirley Wise

Snickerdoodles

3 sticks margarine **1½ c. sugar**

Cream together and add 1 egg and ½ cup oil.

Sift:

3 c. flour **1 tsp. soda**
¼ tsp. salt **2 tsp. cream of tartar**

Add to cream mixture. Roll in balls size of walnuts. Roll in sugar. Place on ungreased pan. Bake at 325°. Take out before they are brown. Watch closely!

Alice Wilson

Salt Water Taffy

2 c. granulated sugar **2 Tbsp. butter**
1 c. light corn syrup **¼ tsp. oil of peppermint**
1½ tsp. salt **7 drops food coloring (green)**

Combine sugar, syrup, salt, and 1 cup water in 2 quart saucepan. Cook slowly, stirring constantly, till sugar dissolves. Cook to hard ball stage (265°F.), without stirring. Remove from heat; stir in remaining ingredients. Pour into buttered 15½ x 10½ x 1 inch pan. Cool till comfortable to handle.

Butter hands; gather taffy in a ball and pull. When candy is light in color and gets hard to pull, cut in fourths (¼); pull each piece into long strand about ½ inch thick. With buttered scissors, quickly snip bite-size pieces. Wrap each piece in waxed paper. Makes 1¼ pounds.

Teresa Vazquez

Cocoa Fudge

⅔ c. cocoa **1½ c. milk**
3 c. sugar **¼ c. butter**
⅛ tsp. salt **1 tsp. vanilla**

Combine cocoa, sugar, and salt in a large 3 quart saucepan. Add milk gradually. Mix thoroughly; bring mixture to a boil (bubbly boil) on high heat, stirring continuously. Test for doneness by dropping drops of fudge in glass of cold water; if the fudge stays in form to the bottom of the glass, remove saucepan from the heat. Add butter and vanilla. Do not stir; set saucepan in cold water to hasten cooling. Beat by hand or with electric mixer until fudge loses its gloss (8 to 10 minutes). Quickly pour and spread fudge in a lightly greased pan. Cool and cut into squares.

Pat Hauschild

Punch

2 pkg. Kool-Aid (any kind, except grape)
2 c. sugar
2 qt. water
1 qt. pineapple juice

Freeze above. Take out of freezer 1 hour before serving. Serve slushy. Add 1 quart ginger ale or 7-Up. Add sherbet to taste.

Lorene Bethell

Sparkling Strawberry Punch

2 (10 oz.) pkg. frozen strawberries, thawed
1 (6 oz.) frozen lemonade concentrate
1 (750 ml) bottle rose wine
2 liter ginger ale, chilled
1 liter club soda, chilled
2 trays ice cubes
½ c. sugar

In blender at high speed, blend strawberries and undiluted lemonade until strawberries are pureed. Pour strawberry mixture into a chilled 6 quart punch bowl. Add wine and remaining ingredients. Stir punch until sugar is completely dissolved.

Cindy Renollet

Eggnog

4 eggs
¼ c. sugar
1 qt. milk
1½ tsp. vanilla
¼ tsp. salt
Nutmeg

Beat 3 whole eggs and 1 yolk very thick and light in color. Add 3½ tablespoons sugar, beating thoroughly. Stir in milk, vanilla, and soda. Pour into glasses. Beat remaining egg white until almost stiff; add remaining sugar, and beat until stiff. Top each glass of eggnog with a spoonful of meringue; sprinkle with nutmeg if desired and serve immediately. Serves 5.

Pat Hauschild

Summer Cooler

½ gal. pineapple sherbet
2 qt. bottle 7-Up
1 can Hi-C orange drink

Mix all together.

Brenda Oliphant

Holiday Punch

1 bottle grape juice
3 c. pineapple juice
2 c. orange juice
½ c. lemon juice

Mix and chill. Just before serving, add 1 (27 ounce) bottle ginger ale.

Brenda Oliphant

Christmas Moonshine

4 c. cranapple juice
2½ Tbsp. brown sugar
7-Up (lukewarm)
⅛ tsp. salt
1 cinnamon stick
½ tsp. whole cloves

Put brown sugar, salt, cinnamon, and cloves in basket of percolator. Place juice in coffee pot and perk. Add 7-Up when serving.

Miranda Reed

Cheese Beef Balls

1 stick oleo, softened
8 oz. cream cheese, softened
4 oz. shredded Cheddar cheese
1 Tbsp. minced onion
4 oz. pkg. dried beef
4 oz. Velveeta
Shake of parsley flakes

Mix together and shape into balls. Roll in Wheatsworth cracker crumbs. (Can also be made into one large ball.)

Marjorie Ford

Deli Loaf

12 oz. sour cream
12 oz. mayonnaise
2 tsp. beau monde seasoning
Bread
2 tsp. dill seed
2 Tbsp. onion flakes
2 Tbsp. parsley
1 round loaf pumpernickel

Blend together well. Cut out large chunk from the center of the bread and save for dipping. Put the deli spread in the loaf. Tear the chunk into smaller pieces and put around the outside of loaf. Dip in deli spread.

Marjorie Ford

Turkey (or Carp) Loaf

6 c. finely chopped turkey
½ c. fine, dry bread crumbs
½ c. onion, chopped
½ c. chopped bell pepper
½ c. chili sauce
1 c. mayo (Hellmann's or Miracle Whip)
1 tsp. salt
Dash of pepper

Combine ingredients. Turn into greased loaf pan, 9x5x3 inches. Bake in 350° oven for 30 minutes or until lightly browned. Serves 8.

Pat Hauschild

Hot-Pepper Jelly

7 to 8 oz. jelly glasses and lids or other 9 oz. heat safe glasses
8 large green peppers
6 medium-sized hot red peppers or jalapeno peppers
6 c. sugar
1¼ c. white vinegar
½ tsp. salt
1 (6 oz.) pkg. or 2 (3 oz.) pouches liquid fruit pectin
4 drops green food coloring (optional)

Prepare glasses and lids and melt paraffin. Remove stems and seeds from peppers. (Wear rubber gloves if the skin is sensitive.) With food grinders, using fine disk, grind sweet green peppers and hot peppers into colander over large bowl. With spoon, gently press ground peppers to drain 2 cups liquid into bowl. Discard ground peppers.

In 8 quart Dutch oven or heavy saucepan, mix sugars, vinegar, salt, and liquid from peppers. Over high heat, heat to boiling; boil rapidly 10 minutes. Stirring constantly, heat until mixture comes to a full rolling boil; boil 1 minute. Remove from heat; with spoon, skin off foam. Immediately ladle jelly into glasses to ½ inch from top and seal with paraffin. When cool, cover glasses with lids.

Cindy Renollet

Mexican Hot Sauce

75 to 100 tomatoes (chunks)
5 c. chopped onions
5 c. green bell peppers, chopped
30 Tbsp. jalapenos, chopped
5 tsp. pickling salt
2½ tsp. chili powder
6 tsp. garlic powder
3 tsp. sage
4 small cans tomato paste

Slow cook until tender and thick; pour into jars and seal.

Pat Hauschild

Hot Sauce

1 lb. peppers, chopped (jalapeno)
1 lb. chopped onion
1 large can tomato sauce
1 tsp. garlic powder
1 Tbsp. liquid smoke
1 c. vinegar
1 tsp. dry mustard
1 Tbsp. oregano
1 Tbsp. salt
1 Tbsp. celery seed
1 Tbsp. turmeric

Heat in large pan until hot and pour in gallon jars. Place lids on tight. Makes 2 to 3½ jars.

Pat Hauschild

Barbecue Sauce

2 Tbsp. vinegar and lemon juice
2 Tbsp. brown sugar
3 Tbsp. cooking oil
1½ Tbsp. cinnamon
2 large cans tomato sauce (if too thin, thicken with cornmeal)
1 tsp. cayenne pepper
1 tsp. black pepper
2 c. molasses or dark Karo syrup
1 tsp. allspice
Liquid smoke (lots)
Salt to taste

When cooking ribs, cook for a short time before adding sauce. Add sauce every 15 minutes until ribs are done. Pour off grease before adding sauce.

Pat Hauschild

Borden's Sweetened Condensed Milk

¾ c. sugar
½ c. water
1 c. plus 2 Tbsp. powdered milk

Combine all ingredients in saucepan. Heat to boiling. Cook until thick; this will take 15 to 20 minutes.

Pat Hauschild

Salsa Supreme

2 medium size tomatoes
¼ medium size onion
4 sprigs cilantro
2 cloves of garlic
1 tsp. garlic salt
1 Tbsp. lemon juice
1 Tbsp. lime juice
1 jalapeno

Put all ingredients in a chopper and mix to the consistency desired. Quicker spins make a finer cut. Serve with tortilla chips.

(4 sprigs = about 1 teaspoon cilantro leaves)

Pat Hauschild

Long John Silver's Seafood Batter

1½ c. flour
1 egg
½ c. hot water
1 pkg. dry yeast
1 can beer
½ tsp. salt

Mix yeast and flour; combine egg, hot water, and salt. Add beer last. Combine both mixes. Drop fish into batter and immediately drop into hot oil. Fry until golden brown. Don't let fish drain.

Lula Booker

Hot Punch

2 c. pineapple juice
2 c. cranapple juice
2½ Tbsp. cinnamon
⅛ tsp. salt
½ tsp. whole cloves

Bring to simmer. Lower heat to mull for 10 to 20 minutes.

Christmas Punch

2 pkg. raspberry or cherry Kool-Aid
2 c. sugar
2 qt. water
46 oz. pineapple juice
1 qt. ginger ale

Mix all together and serve with ice ring.

Cynthia Morton

Hot Spiced Chocolate

½ c. sugar
2 Tbsp. flour
¼ c. cocoa
1½ c. cold water
¼ tsp. salt
1 tsp. cinnamon
¾ tsp. cloves
6 c. milk
1 Tbsp. vanilla

Combine sugar, flour, cocoa, water, and spices in saucepan and cook using low heat. Boil about 4 minutes, using medium high heat. Add six cups of milk. Heat until scalded, but do not boil. Stir until smooth. Add vanilla. Serve with whatever desired. Can serve with a cinnamon stick and whipped cream; sprinkle with nutmeg.

Teresa Vazquez

Ponche (Mexican Hot Cider)

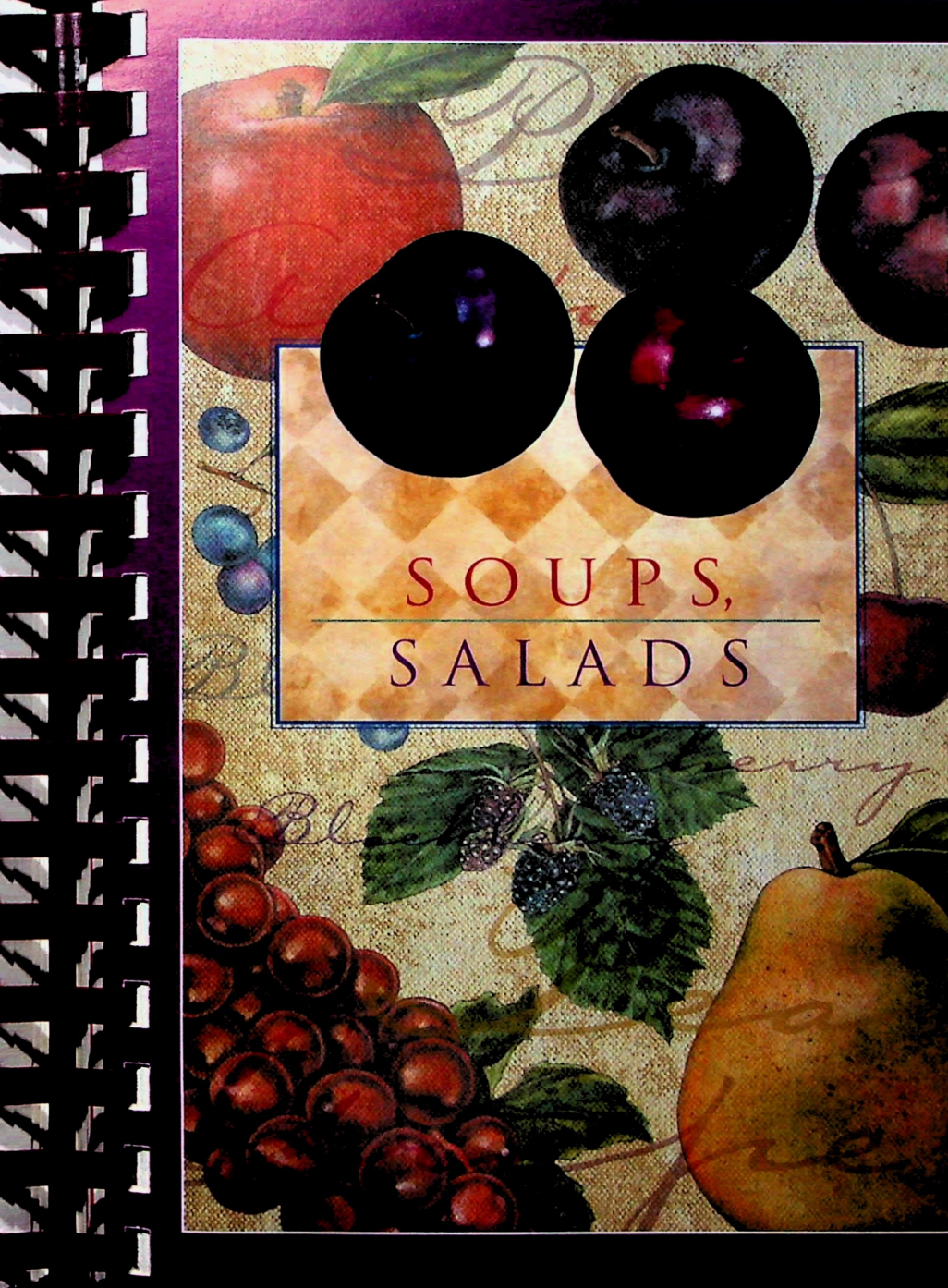
Cinnamon sticks
Sugar cane, peeled

Fresh Fruits:

Orange, ¼ cut pieces
Apples, ¼ cut pieces
Grapes
Tamarind, ¼ cut pieces
Sugar to taste (as sweet as wanted)
Peaches, ¼ cut pieces
Quavas

Fill a pot about ½ full of water. Add cinnamon sticks and sugar cane and let boil until a full boil. Add the remainder of the ingredients and turn down heat to a low-medium. Heat for about an hour. Add the sugar to your tasting. Serve hot or warm.

Teresa Vazquez


SOUPS,
SALADS

A HANDY SPICE AND HERB GUIDE

ALLSPICE-a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon, and nutmeg. USES: (Whole) Pickles, meats, boiled fish, gravies; (Ground) Puddings, relishes, fruit preserves, baking.

BASIL-the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. USES: For flavoring tomato dishes and tomato paste, turtle soup; also use in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.

BAY LEAVES-the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous floral spice note. USES: For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.

CARAWAY-the seed of a plant grown in the Netherlands. Flavor that combines the tastes of anise and dill. USES: For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.

CURRY POWDER-a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. USES: For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

DILL-the small, dark seed of the dill plant grown in India, having a clean, aromatic taste. USES: Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni, and green apple pie.

MACE-the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. USES: (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries, and doughnuts, adds unusual flavor to chocolate desserts.

MARJORAM-an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. USES: In beverages, jellies, and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

MSG (MONOSODIUM GLUTAMATE)-a vegetable protein derivative for raising the effectiveness of natural food flavors. USES: Small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, seafoods, stews, soups, chowder, chop suey, and cooked vegetables.

OREGANO-a plant of the mint family and a species of marjoram of which the dried leaves are used to make an herb seasoning. USES: An excellent flavoring for any tomato dish, especially pizza, chili con carne, and Italian specialties.

PAPRIKA-a mild, sweet red pepper growing in Spain, Central Europe, and the United States. Slightly aromatic and prized for brilliant red color. USES: A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.

POPPY-the seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. USES: Excellent as a topping for breads, rolls, and cookies. Also delicious in buttered noodles.

ROSEMARY-an herb (like a curved pine needle) grown in France, Spain, and Portugal, and having a sweet fresh taste. USES: In lamb dishes, in soups, stews, and to sprinkle on beef before roasting.

SAGE-the leaf of a shrub grown in Greece, Yugoslavia, and Albania. Flavor is camphoraceous and minty. USES: For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews, and salads.

THYME-the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. USES: For poultry seasoning, croquettes, fricassees, and fish dishes. Also tasty on fresh sliced tomatoes.

TURMERIC-a root of the ginger family, grown in India, Haiti, Jamaica, and Peru, having a mild, ginger-pepper flavor. USES: As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.

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Soups, Salads

Vegetable Soup

4 to 5 lb. hamburger
3 chopped onions
2 chopped green peppers
8 chopped stalks celery
2 chopped turnips (medium) (optional)
1 chopped head of cabbage (large)
8 chopped potatoes
2 cans diced tomatoes
4 cans tomato sauce
1 tsp. garlic powder
½ tsp. cumin
1 Tbsp. salt or more
1 to 2 Tbsp. sugar
Pepper to taste

Cook hamburger, onion, green pepper, and celery until red is out of the meat. Drain off fat. Add tomatoes, sauce, other seasonings, and vegetables. May add water. Cook 2 hours on low heat. (Test to see if veggies are tender.)

Mary Nelle Dollar

Potato Soup

6 c. potatoes
1 c. chopped carrots
1 c. chopped celery
3 or 4 c. water
1 c. chopped onion
2 Tbsp. chicken bouillon granules

In a separate pot:

2 Tbsp. butter
2 Tbsp. flour
2 c. milk
¾ log Velveeta cheese

Cook until smooth, then add to the potatoes.

Karen Barker

Swiss Potato Soup

1 large onion, chopped (1 c.)
3 Tbsp. butter
3 large potatoes, pared and cut up
1 tsp. salt
¼ tsp. dry mustard
⅛ tsp. white pepper
3 c. water
2 c. milk
8 oz. sliced Swiss cheese, cut up
2 Tbsp. chopped parsley

Saute onion in butter until soft in a kettle; stir in potatoes, salt, mustard, pepper, and water. Heat to boiling; cover. Simmer 30 minutes, or until potatoes are very soft; press through a fine sieve into a large bowl. Return to kettle. Stir in milk; heat slowly just to boiling. Stir in cheese until melted. Ladle into soup bowls or plates; sprinkle with parsley, or chill several hours and serve cold. Makes 8 servings.

Boyd Loutzenhiser

Cheesy Potato Soup

Saute chopped onion
2 sticks carrots, grated
2 sticks celery, diced until tender

Add 2 cans chicken broth. Simmer 30 minutes, then add 3 cans cream of potato soup, 1 cup sour cream, 8 ounces grated Cheddar cheese, and salt and pepper to taste. May add Tabasco if desired. Cook slowly until cheese is melted.

Cynthia Morton

Spicy Tomato Soup

1 large can Campbell's tomato soup
1 large can diced tomatoes
1 can Ro-Tel tomatoes with lime juice and cilantro
1 pt. half & half (may substitute milk)
1 stick butter or oleo
1½ c. cheese (any kind - Cheddar, Velveeta, etc.)
2 bay leaves

Double ingredients for large group. Mix together in large pot, potato soup and tomatoes. Add half & half. Cube butter; add cheese and bay leaves. Simmer, but do not allow to boil. Soup may scorch, so don't have heat too high. Remove bay leaves before serving.

Miranda Reed

New England Clam Chowder

1 box saltines
2 c. cow milk
1 can Campbell's New England clam chowder
1 pat of butter

Open can and put in pot. Turn on stove or build fire. Immediately add 2 cups milk, or as cow is willing. Beg pat of butter from neighbor and drop into pot. Heat and serve with crackers.

Farafern Thornbury

White Chili

2½ c. water
1 tsp. lemon pepper
1 tsp. cumin seed
4 chicken breasts (no skin)
1 tsp. olive oil
1 garlic, minced
1 c. chopped onions
2 cans shoe peg white corn
1 (4 oz.) can diced green chilies (undrained)
1 tsp. ground cumin
2 to 3 Tbsp. lime juice
2 (15 oz.) cans Great Northern beans (undrained)
2 c. crushed tortilla chips
1½ oz. (⅔ c.) Monterey Jack cheese

In large saucepan, combine water, 1 teaspoon lemon pepper, and cumin seed; bring to a boil. Add chicken. Reduce heat to low; cover and simmer for 20 to 30 minutes (until chicken is fork tender and juices run clear). Remove chicken to saucepan. Heat olive oil in skillet over medium heat. Add 1 minced garlic clove; cook and stir one minute. Add garlic to chicken mixture. Add corn, chilies, ground cumin, and lime juice to chicken mixture. Bring to a boil. Add beans; cook until heated. Serve with chips and cheese.

Pauline Haney

Chili

1 lb. ground chuck
2 medium onions, diced
1 (28 oz.) can whole tomatoes or diced
1 beef bouillon cube
1 (16 oz.) can red kidney beans
1 large diced green pepper
2 cloves garlic, diced
2 tsp. salt
2 tsp. oregano
2 tsp. chili powder or cumin
½ tsp. crushed red pepper or to taste

Brown chuck; drain. Add rest of ingredients. Simmer 20 minutes.

Brenda Oliphant

Diet Soup

1 large onion
4 ribs celery
46 oz. tomato juice
2 to 3 c. water
Pepper
1 small pinch sweet basil
3 sprinkles seasoned salt
4 carrots
½ head cabbage, shredded
6 beef bouillon cubes
1 big pinch dry parsley
3 sprinkles thyme
2 sprinkles garlic salt

Chop vegetables. Combine all ingredients in large kettle; cover and simmer at least 1 hour. Makes about 3 quarts of soup, about 30 calories per cup.

Margaret Morgart

Cheesy Potato Soup

3 c. chopped potatoes
1 c. water
¼ c. chopped onion
½ c. carrot slices
½ c. celery slices
1 tsp. parsley flakes
½ tsp. salt
Dash of pepper
1 chicken bouillon cube
2 Tbsp. flour
1½ c. milk
½ lb. Velveeta

Combine potatoes, water, celery, carrots, parsley, seasoning, and bouillon cube. Cover; simmer 15 to 20 minutes. Gradually add milk to flour, stirring until well blended. Add flour mixture to vegetables. Cook, stirring constantly, until mixture thickens. Add cubed cheese and stir until melted.

Pauline Haney

Apricot Jello Salad

2 pkg. jello (1 lemon, 1 orange)
2 c. boiling water
1 c. apricot juice
1 large can apricots
½ c. pineapple juice
1 large can pineapple, crushed
Marshmallows

Mix and set.

Cook until thick:

2 eggs, beaten
1 c. pineapple juice
1 c. apricot juice
1 c. sugar
4 Tbsp. flour
4 Tbsp. butter

Spread over top of jello salad while still hot.

Jessie Kelso

Cranberry Yum-Yum Salad

1 lb. ground fresh cranberries
1 lb. miniature marshmallows
1½ c. sugar

Mix and chill overnight.

1 (No. 2) can crushed pineapple, drained
¾ c. chopped nuts
1 pt. whipping cream
½ c. sugar

Whip cream and add sugar, pineapple, nuts, and blend with cranberry mixture; chill until firm.

Samma Carter

Strawberry Salad

1 pkg. strawberry jello
1 c. boiling water

Mix well. Add 1 package frozen strawberries. Prepare small cheese balls of cream cheese that has been softened. Roll cheese balls in chopped nuts. Drop cheese balls in each mold and fill with jello mixture.

Phoebe Loomis

Watergate Salad

1 (9 oz.) whipped topping
1 box instant pistachio pudding (diet may be used)
1 can crushed pineapple and juice
1 c. miniature marshmallows
½ c. nuts

Fold dry pudding mix into topping. Add pineapple, marshmallows, and nuts. Refrigerate.

Anna Smith

Frozen Fruit Cup

12 oz. frozen strawberries
1 large can apricots
5 to 6 bananas
12 oz. frozen orange juice
1 can water
2 tsp. lemon juice
1 (No. 2) can crushed pineapple
¾ c. sugar

Miranda Reed

Hot Pineapple Salad

1 can crushed pineapple (large)
¾ c. sugar
2 eggs
2 Tbsp. cornstarch
2 Tbsp. melted butter
Dash of cinnamon

Bake at 300° for 1 hour to 1½ hours.

Miranda Reed

Christmas Jello

Bottom layer:

2 (4 oz.) pkg. lime jello with 2 c. boiling water
2 (16 oz.) cans crushed pineapple (juice too)

Middle layer:

2 (4 oz.) lemon jello with 3 c. boiling water
1 (8 oz.) cream cheese, softened
1 (8 oz.) Cool Whip

Top layer: 2 (4 ounce) packages cherry jello with 3 cups boiling water. Put in 9x13 inch pan and chill each layer until set.

Miranda Reed

Cheese Salad

1 pkg. lemon Jell-O
1 c. cream, whipped
1 c. crushed pineapple
½ lb. cheese, grated
1 c. cold water
½ c. sugar
Nuts

Put pineapple and sugar together and bring to a boil. Add Jell-O. Stir. Add cold water; let set until partly set. Add cheese, nuts, and cream. Chill till firm.

Portteus Latimer

Blueberry Salad

2 (3 oz.) boxes red raspberry Jell-O
1 env. unflavored gelatin
3 c. hot water
½ c. cold water
1 c. condensed milk
1 c. sugar
1 tsp. vanilla
8 oz. pkg. cream cheese
½ c. pecans, chopped
1 can blueberry pie filling

Dissolve one box raspberry Jell-O in 2 cups hot water and let set in refrigerator until firm. Dissolve plain gelatin in ½ cup cold water. Heat condensed milk and sugar; do not boil. Mix in gelatin mixture; add vanilla, cream cheese, and nuts. Pour over first layer and let set. Dissolve remaining jello in 1 cup hot water; add blueberry pie filling and pour over second layer. Chill.

Viola Drake

Yum-Yum Salad

Whipped cream
Mini marshmallows
Cherry pie filling, or sprinkle orange Jell-O to color

Add mandarin oranges, drained for orange Yum-Yum. Add crushed pineapple, drained. Pecan pieces are optional. Mix and chill.

Helen Davis

Orange Apricot Salad

1 pkg. orange Jell-O
2 medium bananas, sliced
1 (12 oz.) can apricot nectar
1 c. small marshmallows
1 (6 oz.) can crushed pineapple, drained
½ c. walnuts, chopped

Heat one cup nectar to boil. Add Jell-O; dissolve and add remaining juice. Cool until partly set. Add drained pineapple, bananas, marshmallows, and nuts.

Glenna Fair

Seven Up Salad

2 pkg. lemon gelatin
2 c. boiling water
2 c. Seven Up
1 lb. 4 oz. can crushed pineapple
3 diced bananas
1 c. small marshmallows
1 egg
½ c. sugar
1 Tbsp. flour
1 c. whipping cream

Combine gelatin and boiling water. Let cool. Add Seven Up, well drained pineapple, bananas, and marshmallows. Place in refrigerator until firm. Place pineapple juice from crushed pineapple in cup; measure and add water to fill. Pour into saucepan and add egg, sugar, and flour. Stir and cook until thick. When cool, spread over salad. Beat whipping cream and spread over all.

Thelma Monroe

Pretzel Salad

2 c. crushed pretzels
¾ c. oleo
½ c. sugar

Mix ingredients together and spread in a 9x12 inch baking dish. Bake 10 minutes at 350°. Let cool.

Mix together:

8 oz. cream cheese
9 oz. container Cool Whip
1 scant c. sugar

Spread on pretzel layer.

Mix together:

6 oz. strawberry jello
20 oz. frozen strawberries
2 c. boiling water

Let this mixture partially set in refrigerator. Spread on cream cheese layer. Place back in refrigerator until completely set.

Evelyn Davis

Cloud Nine Salad

1 (11 oz.) can mandarin oranges
1 (15 oz.) can crushed pineapple
2 c. small curd cottage cheese
1 (9 oz.) container non-dairy topping
¼ c. chopped maraschino cherries (optional)
½ c. chopped nuts
1 small box orange jello

Drain fruit. Combine all ingredients, except gelatin. Sprinkle gelatin on top; stir thoroughly. Chill before serving.

Anna Smith

Caramel Apple Salad

1 (8 oz.) container whipped topping
1 pkg. instant butterscotch pudding (dry)
1 (8 oz.) crushed pineapple with juice
3 c. apples, diced
1 c. dry roasted nuts
1 c. miniature marshmallows

Mix whipped topping, pudding, and pineapple and juice. Stir in remaining ingredients. Keep refrigerated until ready to serve.

Della Steffan

Cherry Salad

1 pt. drained red cherries (sweetened)
1 flat can crushed pineapple
½ c. chopped nuts
1 c. miniature marshmallows
½ c. mayonnaise
1 c. whipped cream

Combine all ingredients, except whipped cream, and refrigerate until serving time. Fold in cream and serve. Serves 6.

Anna Smith

Tapioca Salad

3 c. water
2 pkg. Jell-O tapioca mix
1 small orange or peach Jell-O

Bring to a boil and let set. When cooled, add 1 carton of Cool Whip and 1 can of mandarin oranges or chopped peaches.

Jan Hendricks

Jello Salad Orange Blush

One package orange jello, set with 1 cup boiling water. Add 1 small can of frozen orange juice. Add 1 medium size can of crushed pineapple and mandarin oranges (drained). Pour in dish to set. Serves 4 to 5 people.

Erma Proffitt

Yummy Salad

1 small pkg. instant pistachio pudding
1 (16 oz.) can chunky pineapple
1 (8 oz.) can crushed pineapple
1 c. shredded coconut (optional)
1 c. chopped walnuts or pecans
12 to 16 oz. whipped topping, thawed
1 c. miniature marshmallows

In large bowl, mix both pineapple and sprinkle the pudding on top. Let the mixture sit for 3 minutes. Combine nuts and coconut and fold into the mixture. Slowly blend in the whipped topping and marshmallows. Refrigerate for a minimum of 2 hours before serving. To really perk up this dish, add a small jar of drained maraschino cherries. Also, you can make individual servings in pretty sherbet or wine glasses and sprinkle with a dash of cinnamon sugar for a beautiful presentation.

Shirley Wise

Corn Bread Salad

1 box corn bread (Jiffy), baked
1 c. onion
1 c. green pepper
1 c. celery
2 c. chopped tomatoes
4 boiled eggs
1 c. mayo (real), blend with 3 Tbsp. mustard

Bake corn bread and crumble in large bowl. Add rest of ingredients and mix well. Salt and pepper to taste.

Brenda Oliphant

Popcorn Salad

12 c. popped corn
1 c. bacon bits (real)
1 c. celery
2 cans water chestnuts
1½ c. cheese, grated
½ c. green onions
2 c. mayonnaise or Miracle Whip
⅔ c. sugar (don't use the sugar if you use Miracle Whip)

Don't add mayo until just before serving.

Pat Hauschild

Garlic Salad

1 stalk celery
2 carrots

Chop up celery and carrots in blender. Put in large bowl and add 2 cup Spin Blend salad dressing. Add garlic powder to taste.

Brenda Oliphant

Macaroni Salad

1 stalk celery
Onion to taste
4 boiled eggs
2 cans Spam
Pickles
2 bell peppers
Pimento
1 large box macaroni
1 pkg. macaroni, cooked

Mix celery, eggs, pickles, peppers, Spam, and pimento. Add Miracle Whip. Stir in a bowl.

Mary Cruth

Cauliflower Salad

1 head cauliflower
Green grapes
Chopped pecans
Miracle Whip to taste
Mustard to taste
Sugar to taste

Allen and Opal Long

Airplane Salad

1 c. cooked macaroni
1½ c. diced cucumbers
3 or 4 diced American cheese
1 medium diced onion
½ doz. sweet pickles, chopped
½ c. pimento (optional)
4 hard-boiled eggs
¼ c. catsup
Mayonnaise
Salt
Pepper

Lillian Hobble

German Potato Salad

Cook 3 pounds potatoes in jackets. Cool, peel, and slice. Fry 6 slices bacon, crisp and chopped. Add ¼ cup diced onion. Cook 1 minute.

Blend in:

1 Tbsp. flour
2 tsp. salt
1¼ tsp. sugar
¼ tsp. pepper

Stir in:

½ c. vinegar
⅓ c. water

Cook 10 minutes. Pour over potatoes.

Add:

½ tsp. celery seed
Chopped celery
3 tsp. parsley

Serve warm.

Anna Smith

Broccoli Suzanne

¾ c. rice
1 small onion
¾ stick margarine

Cook in water until margarine is absorbed. Cook 1 package frozen chopped broccoli (per instructions on package). Mix rice and broccoli; add 1 small jar jalapeno peppers, Cheez Whiz, salt, pepper, and garlic powder. Bake 30 minutes at 375° or omit baking if desired. Do not overbake.

Kerri Vagts

Broccoli Salad

1 bunch broccoli, rinsed, drained, and broken into flowerettes
½ c. chopped onion
1 c. chopped celery
1 lb. crisp cooked bacon
½ c. sunflower seeds
½ c. raisins

Dressing:

¾ c. mayonnaise
¼ c. sugar
2 Tbsp. vinegar

Mix all together and chill.

Brenda Oliphant

Fresh Broccoli Salad

2 stalks fresh broccoli (bite-size pieces)
1 c. raisins
4 Tbsp. chopped pecans
2 to 4 Tbsp. sunflower seeds
10 strips bacon, fried crisp, crumble

Dressing:

1 c. real mayo
½ c. sugar
3 Tbsp. vinegar

Shake together. Toss all ingredients together right before serving. I have made it with low fat bacon and low fat mayo and it tastes just as good.

Pauline Haney

Vegetable Salad

1 small can June peas, drained (I use frozen)
1 (15 oz.) can small whole kernel corn
1 (15 oz.) can French style green beans

Cook a bit; drain and cool.

½ c. pimentos
1 diced green pepper
1 c. diced celery
1 c. grated carrots
1 can garbanzo beans
1 can water chestnuts

Dressing:

¼ c. cooking oil
½ c. white vinegar
1 c. sugar
1 Tbsp. water
1 tsp. salt
A bit of pepper

Mix together; bring to a rolling boil. Boil 1 minute. Cool. Pour over vegetables. Stir each day. Keeps for weeks.

Alice Wilson

Summer Veggie Salad

3 c. cauliflowerets
3 c. broccoli florets
1 green pepper, julienned
1 c. sliced red onion
1 sweet red pepper, julienned
1 c. sliced fresh mushrooms (optional)

Dressing:

¼ c. olive or vegetable oil
4½ tsp. cider or red wine vinegar
4½ tsp. lemon juice
1 tsp. salt
½ tsp. dried basil
½ tsp. sugar
⅛ tsp. cayenne pepper

In a large bowl, combine the cauliflower, broccoli, peppers, onion, and mushrooms if desired. Combine dressing ingredients in a jar with a tight-fitting lid; shake well. Pour over vegetables and toss to coat. Refrigerate until serving.

Janet Bruce

Vegetable Salad

1 can white corn
1 can early peas
1 can French style green beans
1 jar pimento
1 c. chopped celery
1 c. chopped onion
1 c. chopped green pepper

Drain cans well.

Mix:

¾ c. vinegar
1 c. sugar
1 tsp. salt
½ tsp. pepper
¼ c. salad oil
1 Tbsp. water

Bring to a boil; cool. Pour over vegetables, and marinate overnight. Keeps up to 2 weeks.

Kerri Vagts

Cabbage-Onion Salad
(Make a day ahead)

1 head cabbage, sliced thin
5 to 6 white or red onions, sliced thin, pull into rings

Sauce:

1 c. vinegar
2 Tbsp. sugar
1 tsp. dry mustard

Arrange in layers in large bowl. Sprinkle with salt. Cover with 1 cup sugar. Let stand while baking sauce.

Sauce: Stir on stove, add ⅓ cup Wesson oil. Bring to a hard boil and pour over cabbage mixture while hot. Cover immediately and put in refrigerator. Will keep several days.

Theda Miller

Clark's Salad

1 carrot, grated
1 bell pepper, sliced thin
3 hard-boiled eggs, sliced
3 kinds of lunch meat
3 kinds of cheese, sliced
6 oz. pepperoni, sliced
1 bunch green onions, chopped
1 can black olives
½ head lettuce
6 oz. summer sausage, sliced
2 tomatoes, sliced thin

Layer lettuce in bottom of glass dish, then layer remaining ingredients (saving eggs and olives for top of salad).

Vinaigrette:

1 clove mashed garlic
2 tsp. balsamic vinegar
½ tsp. brown sugar
1 pkg. Good Seasons Italian mix

Make Good Seasons salad dressing as directed on package. Add to mix balsamic vinegar, brown sugar, and garlic. Pour over top of salad and chill for at least ½ hour.

Mary Linke

Chicken Salad

3 c. cubed chicken
1½ tsp. salt
1½ c. celery
1 tsp. dry mustard
1 c. mayonnaise
¼ c. cream
3 Tbsp. lemon juice
1 c. grapes
1 c. toasted almonds

Mix together well.

Lillian Hobble

Tuna Salad

1 c. tuna, flaked
2 pkg. flavored gelatin (lemon)
2 c. celery, diced
5 hard cooked eggs
⅛ c. lemon juice
¼ tsp. pepper
1 tsp. salt
3½ c. tomato juice
⅛ c. vinegar

Spread half of the diced celery in an 8x10 inch glass dish. Cut eggs in half lengthwise and arrange on top with remaining celery. Sprinkle salt and pepper over all. Spread the tuna over the eggs. Combine the tomato juice with lemon juice and vinegar. Bring to a boil; stir in the gelatin and let cool. Pour cooled mixture carefully over contents in the dish and set in refrigerator to chill. Serve on lettuce leaf with or without mayonnaise.

Helen Bennett

Tuna Salad

2 small pkg. lemon Jell-O
1½ c. hot water
1½ c. cold water
2 c. tuna, rinsed and drained
1 c. diced celery
1 c. chopped cashews
1½ c. Cool Whip
½ c. Miracle Whip
Pinch of salt
¼ c. lemon juice

Mix Jell-O with waters. When Jell-O is about set, fold in all remaining ingredients and cool.

Theda Miller

Chicken Salad

2 env. unflavored gelatin
4 c. chicken broth
3 c. diced chicken
1 c. celery
2 boiled eggs, chopped
½ mayo
¼ sweet pickle, chopped
2 Tbsp. lemon juice
2 Tbsp. chopped pimiento
½ tsp. salt

Anna Smith

Fruited Chicken Salad

4 c. cooked chicken (chunks)
1 (15 oz.) can pineapple chunks
1 (11 oz.) can mandarin oranges
1 c. chopped celery
½ c. chopped black olives
1 c. mayonnaise or Miracle Whip
½ c. chopped green pepper
2 Tbsp. grated onion
1 Tbsp. prepared mustard
1 (15 oz.) pkg. chow mein noodles

Drain pineapple and oranges. Put fruit, chicken pieces, and vegetables in a bowl. Blend mayonnaise and mustard. Toss with chicken and fruit. Cover and chill for several hours. Just before serving, add chow mein noodles.

Farafern Thornbury

Chicken Salad

2½ c. diced cooked chicken
4 bacon strips, cooked and crumbled
1 (8 oz.) can sliced water chestnuts, drained
½ c. thinly sliced celery
1 c. halved green grapes
¾ c. salad dressing or mayonnaise
1 to 2 Tbsp. dried parsley flakes
2 tsp. finely minced onion
1 tsp. lemon juice
¼ tsp. ground ginger
Dash of Worcestershire sauce
Salt and pepper to taste

Combine chicken, bacon, water chestnuts, celery, and grapes in a large bowl.

Anna Smith

Almond Chicken Salad

4 c. cubed chicken
1½ c. seedless grapes
1 c. celery
¾ c. green sliced onions
3 boiled eggs, chopped

Dressing:

½ c. salad dressing
¼ c. sour cream
1 Tbsp. prepared mustard
1 tsp. salt
½ tsp. pepper
¼ tsp. onion powder
¼ tsp. celery salt
⅛ tsp. paprika
⅛ tsp. dry mustard
½ c. slivered almonds

Toss chicken mixture with dressing. Add almonds just before serving.

Anna Smith

Salmon Salad

1 can red salmon (must be red)
2 bananas, sliced
½ c. pecans
½ c. mayonnaise

Mix together all ingredients.

Thelma Stout

Lemon Jell-O Salad

1 (3 oz.) pkg. lemon Jell-O
1 c. hot water
1 c. concentrated orange juice
1 small can mandarin oranges
1 can crushed pineapple

Mix Jell-O and hot water together. Chill till partially set, then add juice, oranges, and pineapple. Chill.

Thelma Stout

Cucumber Salad

1 (3 oz.) pkg. lemon Jell-O
½ c. pineapple juice
½ tsp. salt
1 c. cucumber, diced
1 c. crushed pineapple, drained
½ c. mayonnaise
1½ c. boiling water
2 tsp. vinegar
½ tsp. onion, minced

Dissolve Jell-O in hot water; add pineapple juice, vinegar, and salt. Chill until partially set. Mix pineapple, onion, cucumber, and mayonnaise; add to Jell-O mixture and blend. Chill. Serve on lettuce leaf.

Viola Drake

Pretzel Salad

2 c. pretzels, broken
1 (6 oz.) pkg. strawberry Jell-O
2 (10 oz.) pkg. frozen strawberries, thawed
1 small Cool Whip
1½ sticks oleo, melted
2 c. pineapple juice, boiled
1 c. sugar
1 (8 oz.) pkg. cream cheese

Spread pretzels in 9x13 inch pan. Pour melted butter over and bake 10 minutes at 350°. Let set and cool. Dissolve Jell-O in juice. Add strawberries and let set till thick. Combine sugar, cream cheese, and Cool Whip and mix. Pour mixture over pretzels and pour Jell-O over that. Refrigerate 24 hours.

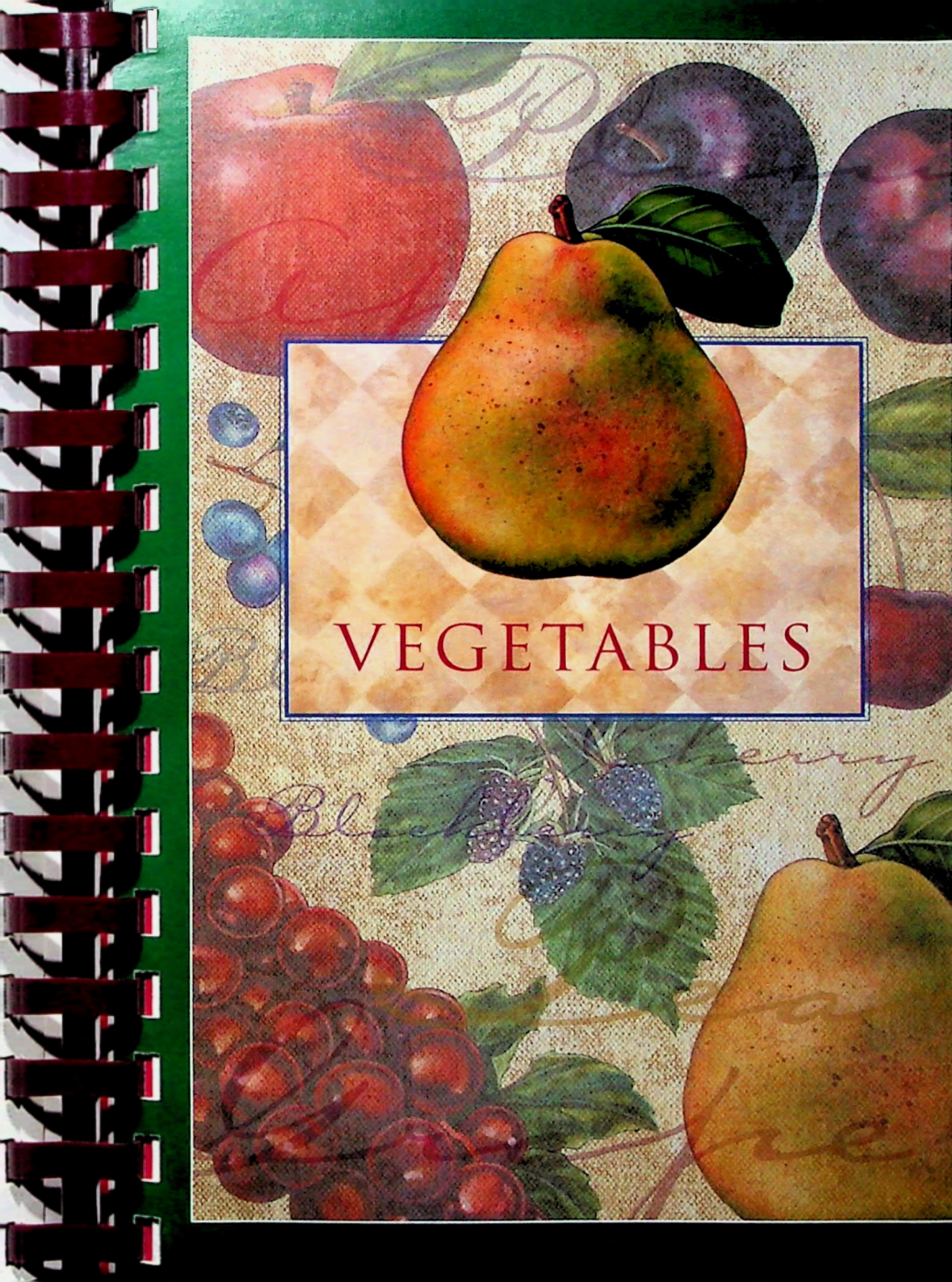
Maxine Nielsen

Chunky Cinnamon Applesauce

8 medium tart apples, peeled and quartered
1 c. water
1 c. sugar
¼ c. red-hot candies

Place apples and water in a 5 quart saucepan. Cover and cook over medium-low heat for 20 minutes, or until tender. Mash the apples. Add sugar and candies. Cook, uncovered, until sugar and candies are dissolved. Remove from heat; cool. Refrigerate until serving. Makes 6 cups.

Miranda Reed


VEGETABLES

EQUIVALENT CHART

3 tsp.	1 Tbsp
2 Tbsp.	⅛ c.
4 Tbsp.	¼ c.
8 Tbsp.	½ c.
16 Tbsp.	1 c.
5 Tbsp. + 1 tsp.	⅓ c.
12 Tbsp.	¾ c.
4 oz.	½ c.
8 oz.	1 c.
16 oz.	1 lb.
1 oz.	2 Tbsp. fat or liquid
2 c.	1 pt.
2 pt.	1 qt.
1 qt.	4 c.
⅝ c.	½ c. + 2 Tbsp.
⅞ c.	¾ c. + 2 Tbsp.
1 jigger	1½ fl. oz. (3 Tbsp.)
8 to 10 egg whites	1 c.
12 to 14 egg yolks	1 c.
1 c. unwhipped cream	2 c. whipped
1 lb. shredded American cheese	4 c.
¼ lb. crumbled Bleu cheese	1 c.
1 lemon	3 Tbsp. juice
1 orange	⅓ c. juice
1 lb. unshelled walnuts	1½ to 1¾ c. shelled
2 c. fat	1 lb.
1 lb. butter	2 c. or 4 sticks
2 c. granulated sugar	1 lb.
3½-4 c. unsifted powdered sugar	1 lb.
2¼ c. packed brown sugar	1 lb.
4 c. sifted flour	1 lb.
4½ c. cake flour	1 lb.
3½ c. unsifted whole wheat flour	1 lb.
4 oz. (1 to 1¼ c.) uncooked macaroni	2¼ c. cooked
7 oz. spaghetti	4 c. cooked
4 oz. (1½ to 2 c.) uncooked noodles	2 c. cooked
28 saltine crackers	1 c. crumbs
4 slices bread	1 c. crumbs
14 square graham crackers	1 c. crumbs
22 vanilla wafers	1 c. crumbs

SUBSTITUTIONS FOR A MISSING INGREDIENT

1 square **chocolate** (1 ounce) = 3 or 4 tablespoons cocoa plus ½ tablespoon fat
1 tablespoon **cornstarch** (for thickening) = 2 tablespoons flour
1 cup sifted **all-purpose flour** = 1 cup plus 2 tablespoons sifted cake flour
1 cup sifted **cake flour** = 1 cup minus 2 tablespoons sifted all-purpose flour
1 teaspoon **baking powder** = ¼ teaspoon baking soda plus ½ teaspoon cream of tartar
1 cup **sour milk** = 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred
1 cup **sweet milk** = 1 cup sour milk or buttermilk plus ½ teaspoon baking soda
¾ cup **cracker crumbs** = 1 cup bread crumbs
1 cup **cream, sour, heavy** = ⅓ cup butter and ⅔ cup milk in any sour milk recipe
1 teaspoon **dried herbs** = 1 tablespoon fresh herbs
1 cup **whole milk** = ½ cup evaporated milk and ½ cup water or 1 cup reconstituted nonfat dry milk and 1 tablespoon butter
2 ounces **compressed yeast** = 3 (¼ ounce) packets of dry yeast
1 tablespoon **instant minced onion, rehydrated** = 1 small fresh onion
1 tablespoon **prepared mustard** = 1 teaspoon dry mustard
⅛ teaspoon **garlic powder** = 1 small pressed clove of garlic
1 lb. **whole dates** = 1½ cups, pitted and cut
3 medium **bananas** = 1 cup mashed
3 cups **dry corn flakes** = 1 cup crushed
10 **miniature marshmallows** = 1 large marshmallow

GENERAL OVEN CHART

Very slow oven	250° to 300°F.
Slow oven	300° to 325°F.
Moderate oven	325° to 375°F.
Medium hot oven	375° to 400°F.
Hot oven	400° to 450°F.
Very hot oven	450° to 500°F.

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size:	Average Contents
8 oz.	1 cup
Picnic	1¼ cups
No. 300	1¾ cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2½ cups
No. 2½	3½ cups
No. 3	4 cups
No. 10	12 to 13 cups

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Vegetables

Scalloped Cabbage Deluxe

4 medium onions, diced
⅓ c. margarine
1 large cabbage, cut into small pieces
1 can cream of mushroom soup
2 Tbsp. flour
1 scant Tbsp. Worcestershire sauce

Melt margarine and saute onions until golden. Spread cabbage over onions. Cover. Simmer until cabbage begins to wilt and is tender. Blend soup, flour, and Worcestershire sauce, then add to cabbage. Put into casserole, cover, and bake at 350°F. for 1½ hours.

Anna Smith

Sour Cream Cucumbers

2 medium cucumbers, sliced
1 small onion, sliced
½ c. sour cream
1 Tbsp. vinegar
1 tsp. sugar
½ tsp. salt

Combine cucumbers and onion. Stir together sour cream, vinegar, sugar, and salt. Toss with vegetables; cover and chill, stirring occasionally. Makes 3 to 4 cups.

Margaret Morgart

Make-Ahead Potatoes

10 large potatoes, peeled and quartered
1 c. (8 oz.) sour cream
1 (8 oz.) pkg. cream cheese, softened
6 Tbsp. butter or margarine, divided
2 Tbsp. dried minced onions
½ to 1 tsp. salt
Paprika

Place potatoes in Dutch oven or large kettle; cover with water and bring to a boil. Reduce heat; cover and cook for 20 to 25 minutes or until potatoes are tender. Drain and place in a bowl; mash. Add sour cream, cream cheese, 4 tablespoons butter, onion, and salt; stir until smooth and the cream cheese and butter are melted. Spread in a greased 13x9x2 inch baking dish. Melt remaining butter; drizzle over potatoes. Sprinkle with paprika. Refrigerate or bake immediately, covered, at 350° for 40 minutes; uncover and bake 20 minutes longer. If potatoes are made ahead and refrigerated, let stand at room temperature for 30 minutes before baking. Yield: 12 servings.

Boyd Loutzenhiser

Creamed Green and Wax Beans

1 can green beans
1 can wax beans
½ c. cream
½ c. shredded cheese
Salt and pepper
¼ c. butter

Mix altogether and heat.

Peggy Peterson

Asparagus Casserole

2 c. (No. 2 can) canned asparagus
⅛ tsp. salt
⅛ tsp. pepper
1 pimento, cut into small pieces
3 eggs, beaten
1 c. American cheese, grated or diced
1¼ c. cracker crumbs
1 c. milk
¼ c. margarine

Mix together all ingredients, except margarine. Pour into oiled baking dish. Melt margarine and pour over top. Bake, uncovered, in 350° oven for 20 to 30 minutes.

Ivan and Fay Partington

Baked Corn

1 can whole corn, drained
1 can creamed corn
1 box Jiffy corn muffin mix
½ c. melted margarine
1 egg
8 oz. sour cream

Mix all ingredients together and put in a 2 quart baking dish. Bake at 350° for 1 hour.

Margaret Morgart

Company Carrots

2 c. cooked carrots, shred
6 oz. cream cheese
½ c. celery soup
1 c. bread crumbs
Cheddar cheese

Mix together carrots, cream cheese, and soup. Put into buttered dish. Top with bread crumbs and grated cheese. Heat through and serve.

Margaret Morgart

Potato Casserole

3 c. diced cooked potatoes
2 Tbsp. minced onion
2 Tbsp. melted oleo
1 can cream of chicken soup (undiluted)
1 c. sour cream
¾ c. grated Cheddar cheese

Mix potatoes with soup and sour cream. Season with salt and pepper to taste. Sprinkle minced onion over top. Put in 9x13 inch casserole dish. Drizzle melted oleo on top and sprinkle grated cheese on top. Bake at 350° for about 1 hour.

Liscia Lawrence

Corn Fritters

Salad oil
1 (16 oz.) can whole kernel corn, drained
1 c. all-purpose flour
¼ c. milk
1 tsp. baking powder
½ tsp. salt
2 eggs
Confectioners sugar or maple syrup

In heavy saucepan over medium heat, heat ½ inch salad oil to 400° on deep-fat thermometer (or in electric skillet heat ½ inch salad oil to 400°). In medium sized bowl, stir 1 tablespoon salad oil and next 6 ingredients just until blended. Drop batter by tablespoon into hot oil; fry 3 to 5 minutes, until golden brown, turning fritters once. With slotted spoon, remove fritters to paper towel. Sprinkle with confectioners sugar or serve with syrup.

Cindy Renollet

Whipped Sweet Potatoes Covered with Brown Sugar Pecan Topping

Sweet Potatoes:

22 oz. red-skinned sweet potatoes (yams about 2 large), peeled, cut into 1 inch pieces
6 Tbsp. (¾ c.) butter room temperature
1 large egg
6 Tbsp. sugar
1 tsp. pumpkin pie spice
Pinch of salt

Topping:

1½ c. corn flakes
½ c. brown sugar, packed
½ c. chopped pecans
6 Tbsp. unsalted butter (¾ stick), melted

Make sweet potatoes. Preheat oven to 400°. Cook sweet potatoes in large pot of boiling water until tender, drain, and transfer to large bowl. Add butter; using electric mixer, beat until smooth. Add egg, sugar, spice, and salt; beat to blend. Transfer mixture to 8x8 inch baking dish (can be made 1 day ahead). Cover and chill; bring to room temperature before continuing. Bake potatoes until beginning to brown around edges and slightly puffed, about 25 minutes.

Meanwhile, prepare topping: Mix together all ingredients in medium bowl. Spoon topping evenly over potatoes. Bake until golden brown and crisp, about 10 minutes longer. Serves 6.

Susan Durham

Old Fashioned Sweet-Sour Cole Slaw

1 lb. shredded green cabbage
1 tsp. salt
⅔ c. sugar
⅓ c. cider vinegar
1 c. whipping cream (do not whip)

Place shredded cabbage in covered dish in refrigerator for several hours. Mix ingredients in order. Thirty minutes before serving, chill and serve.

Mary Cruth

Sweet Potato Souffle

1 large can (2½ lb.) sweet potatoes
1 c. sugar
1½ c. evaporated milk
⅓ c. margarine or softened butter
2 large eggs
1 Tbsp. orange juice concentrate
¼ tsp. salt
1 c. finely packed brown sugar
1 c. chopped pecans
½ c. flour
⅓ c. melted oleo

Combine potatoes and next ingredients and spoon evenly into casserole dish. Combine brown sugar, pecans, and flour. Sprinkle evenly over potatoes mixture. Drizzle evenly with ⅓ cup butter.

Beth Morgan

Escalloped Potatoes

2 lb. frozen hash brown potatoes
½ c. melted margarine or butter
1 tsp. salt
¼ tsp. pepper
1 can cream of chicken soup (undiluted)
2 c. Cheddar cheese, grated
½ c. onion, chopped
2 c. sour cream
2 c. corn flakes, crushed, mixed with ¼ c. melted butter

You can put this in 2 small casserole dishes. Bake half and freeze half. Heat oven to 350°. Thaw potatoes. Combine them with rest of the ingredients, except the corn flake mixture. Sprinkle buttered corn flakes on top. Use a 3 quart casserole or large flat glass baking dish. Bake for 45 minutes. Yield: 10 to 12 servings.

Donna Batterton

Mitzi Calico Beans
(Crock pot)

1 (28 to 32 oz.) can pork and beans
1 (15 oz.) can kidney beans
1 (15 oz.) can butter beans (lima)
1 lb. ground beef
¼ lb. bacon, cut up into chunks
1 medium onion, chopped
½ c. brown sugar
½ tsp. salt
½ c. catsup
2 Tbsp. vinegar

In a skillet, brown ground beef, bacon, and onion. Drain and place in crock pot. Add beans, brown sugar, salt, catsup, and vinegar. Mix. Let cook in crock pot for several hours.

Donna Batterton

Crock Pot Corn

2 pkg. (10 oz.) frozen corn
2 Tbsp. sugar
1 (8 oz.) pkg. cream cheese
¾ to 1 stick oleo
6 Tbsp. water

Combine corn, sugar, cream cheese, oleo, and water in crock pot and set on LOW. Cook for 4 hours and stir occasionally. Salt to taste. Recipe can be doubled.

Donna Batterton

Cajun Beans

1 lb. dried brown beans, soaked overnight
4 slices bacon
1 Tbsp. Worcestershire sauce
1 large can tomato sauce
1 lb. smoked sausage, sliced
Water to cover entire ingredients
¼ tsp. oregano (optional)
Dash of black pepper
½ to 1 tsp. red cayenne pepper
2 to 3 c. onions, chopped
3 to 4 dashes of Tabasco sauce
2 large pods garlic, chopped fine

Add all ingredients, except sausage, in large cooker. Cook in 300° oven for 5 to 6 hours, checking often to make sure plenty of water covers beans. Last hour of cooking remove salt pork if used and add sausage. Serve over rice or crumbled corn bread.

Lula Booker

Cheesy Crock Pot Potatoes

4 large potatoes
1 onion, diced
1 lb. cheese, grated
1 c. sour cream
1 tsp. salt
Salt and pepper to taste

Boil potatoes and grate. Combine all ingredients and plop them in the crockery. Dot the top with butter and sprinkle on a little paprika. Cook on LOW 4 to 6 hours.

Lula Booker

Easy Scalloped Potatoes

1 (2 lb.) bag frozen hash browns
1 c. sour cream
¼ c. butter or oleo, melted
1 can cream of chicken soup
2 Tbsp. dry onions
3 inch slice Velveeta cheese, cubed

Mix all ingredients and bake in 9x13 inch pan or dish at 350° for 45 minutes to 1 hour.

Lula Booker

Spinach Pesto and Pasta Toss

6 slices bacon
10 oz. spaghetti or other pasta
1 (10 oz.) pkg. frozen chopped spinach
2 cloves garlic, minced
⅛ tsp. pepper
½ c. cream-style cottage cheese
⅓ c. grated Parmesan cheese

In a skillet, cook bacon till crisp. Drain, reserving 2 tablespoons drippings. Crumble bacon and set aside. Cook pasta according to package directions.

Meanwhile, in a medium saucepan, cook spinach according to package directions. Do not drain. Place undrained spinach, reserved bacon drippings, garlic, and pepper in a blender container or food processor bowl. Cover and blend or process till smooth. Add undrained cottage cheese. Cover and blend or process till smooth.

Arrange pasta on a large serving platter. Pour spinach mixture over pasta. Toss to mix well. Sprinkle with crumbled bacon and Parmesan cheese. Serve immediately. Makes 10 to 12 servings.

Pat Hauschild

Vegetable Garden Primavera

8 oz. linguine or 8 oz. spaghetti
2 medium yellow summer squash or zucchini, bias-sliced into ½ inch thick pieces
2 c. broccoli buds
½ lb. asparagus, bias-sliced into 1 inch thick pieces
2 medium carrots, bias-sliced into ¼ inch pieces
1 c. light cream
1 tsp. dried basil, crushed
⅛ tsp. pepper
2 oz. prosciutto or fully cooked ham, cut into thin strips
½ c. grated Parmesan cheese

Cook pasta according to package directions. Meanwhile, cook the yellow summer squash or zucchini, broccoli, asparagus, and carrots in a small amount of boiling salted water for 5 to 8 minutes or till vegetables are crisp-tender. Drain.

In a saucepan, combine light cream, basil, and pepper; bring to a gentle boil. Boil for 8 to 10 minutes or till slightly thickened, stirring occasionally. Stir in prosciutto or ham. Toss together linguine or spaghetti, vegetable mixture, cream mixture, and grated Parmesan cheese. Makes 8 side-dish servings.

Pat Hauschild

Baked Zucchini

3 c. raw zucchini, sliced
2 c. Cheddar cheese, shredded
1½ c. soda cracker crumbs
3 eggs, beaten
½ c. butter or oleo, melted
½ tsp. salt
1 (4 oz.) jar pimiento
1 c. milk

Mix all ingredients. Pour into greased 2 quart casserole. Bake, uncovered, in slow oven at 300° for 30 to 40 minutes until golden brown and bubbly.

Glenna Fair

Caramel Sweet Potatoes

5 medium sweet potatoes
1 tsp. salt
1 c. brown sugar
3 Tbsp. butter
1 c. mini marshmallows
½ c. chopped pecans
1 c. whipping cream

Cook potatoes until tender and then drain. Cut into lengthwise pieces and arrange in greased 8x11 inch baking dish. Mix salt, sugar, and flour. Sprinkle over potatoes. Dot with butter; add marshmallows and nuts, and pour cream over all. Bake at 350° for 45 minutes.

Miranda Reed

Bake Ahead Potatoes

10 large potatoes, peeled, quartered, cooked, and mashed
8 oz. sour cream
8 oz. cream cheese
6 Tbsp. butter, divided 4 Tbsp, 2 Tbsp.
2 Tbsp. minced dried onions
½ tsp. salt

Add everything, except 2 tablespoons butter. Spread in greased 9x13 inch pan. Melt remaining butter and drizzle over potatoes; sprinkle on paprika. Bake at 350° for 40 minutes, covered; uncover and bake 20 more minutes.

Miranda Reed

Sour Creamed Corn

2 Tbsp. onion
2 Tbsp. butter
2 Tbsp. flour
1 tsp. salt
1 c. sour cream
4 c. frozen corn
½ lb. bacon, browned and chopped
1 Tbsp. parsley

Saute onion in butter. Blend in flour and salt. Add sour cream and stir to keep smooth. Add other ingredients till cooked.

Miranda Reed

Copper Pennies

2 lb. carrots, peeled, sliced, and cooked till tender (¼ inch)
1 green pepper, diced
1 medium onion, sliced in thin rings
1 can tomato soup
1 tsp. Worcestershire sauce
½ c. vegetable salad oil
¾ c. vinegar (white)
⅔ c. sugar
1 tsp. mustard
½ tsp. salt

In bowl, alternate layers, carrots, green pepper, and onion (2 layers). Combine remaining ingredients and blend well. Pour over veggies; cover and refrigerate overnight. Drain dressing before you serve. Save dressing for another batch.

Miranda Reed

Calabacutas

3 c. cubed squash (good with at least 2 different kinds, e.g. yellow squash and zucchini)
2 c. fresh corn (or frozen)
½ c. chopped green chili (or Hatch canned green chili)
½ c. chopped onion
Salt to taste
Pepper to taste
Garlic to taste
1 c. grated cheese (Cheddar, Jack, Mozzarella)

Mix all ingredients and bake one hour at 350°, or simmer all ingredients, except cheese, in large skillet with lid for one hour and add cheese prior to serving. (Do not be tempted to add liquid; it creates its own.)

Pauline Haney

Ratatouille

½ eggplant, medium diced (unpeeled)
1 zucchini, thinly sliced
1 small onion, medium diced
1 can diced tomatoes
3 Tbsp. tomato paste
1 can black-eyed peas
3½ c. vegetable stock or water
1 tsp. oregano
½ tsp. garlic powder
1 tsp. basil
¼ tsp. thyme
2 tsp. salt
Pinch of cayenne pepper
Parmesan cheese

Saute onions in 1 tablespoon margarine until half done. Add eggplant and cook until half done. Add stock; simmer until eggplant is tender and mellow to taste. Add seasoning, diced tomatoes, paste, black-eyed peas, and zucchini. Season again to taste. Garnish with Parmesan cheese.

Pauline Haney

Corn Bake

3 eggs
1 (15 oz.) can whole kernel corn, drained
1 (15 oz.) can creamed style corn
1 (8 oz.) tub sour cream
1 pkg. corn muffin mix
¼ c. sugar
½ c. vegetable oil

Beat eggs. Add all other ingredients. Pour into a 9x13 inch pan. Bake 45 minutes in preheated oven at 325°.

Rosie Cruth

Broccoli and Cauliflower Salad

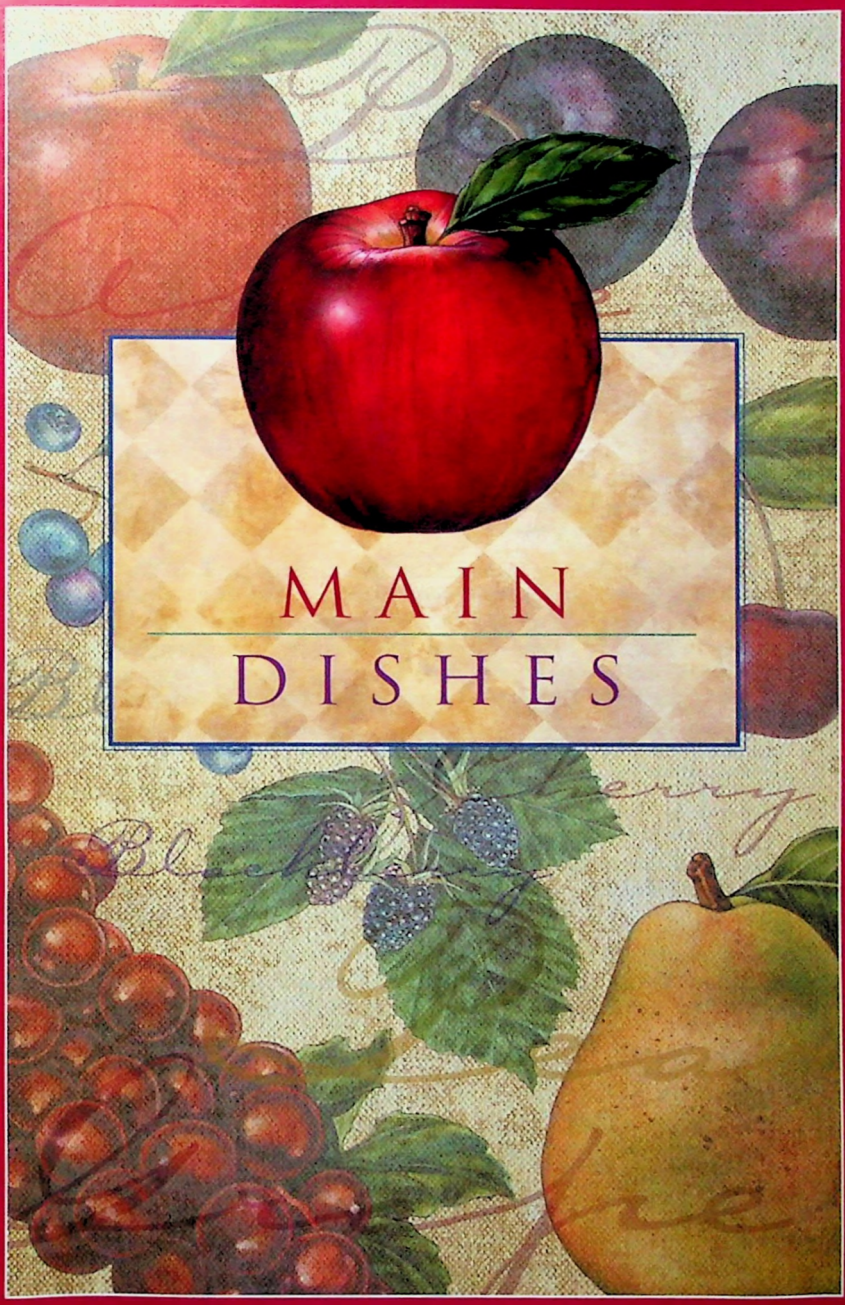
1 head cauliflower, cut up
Bunch broccoli, cut up
Green onion, chopped

Dressing:

1 c. Miracle Whip
1 tsp. vinegar
2 Tbsp. sugar

Mix all greens together and add dressing.

Agnes Wurst


MAIN
DISHES

MEAT ROASTING GUIDE

Cut	Weight Pounds	Approx. Time (Hours) (325° oven)	Internal Temperature
BEEF			
Standing rib roast			
(10 inch) ribs	4	1¾	140° (rare)
(If using shorter cut (8-inch)		2	160° (medium)
ribs, allow 30 min. longer)		2½	170° (well done)
	8	2½	140° (rare)
		3	160° (medium)
		4½	170° (well done)
Rolled ribs	4	2	140° (rare)
		2½	160° (medium)
		3	170° (well done)
	6	3	140° (rare)
		3¼	160° (medium)
		4	170° (well done)
Rolled rump	5	2¼	140° (rare)
(Roast only if high quality.		3	160° (medium)
Otherwise, braise.)		3¼	170° (well done)
Sirloin tip	3	1½	140° (rare)
(Roast only if high quality.		2	160° (medium)
Otherwise, braise.)		2¼	170° (well done)
LAMB			
Leg	6	3	175° (medium)
		3½	180° (well done)
	8	4	175° (medium)
		4½	180° (well done)
VEAL			
Leg (piece)	5	2½ to 3	170° (well done)
Shoulder	6	3½	170° (well done)
Rolled shoulder	3 to 5	3 to 3½	170° (well done)

POULTRY ROASTING GUIDE

Type of Poultry	Ready-To-Cook Weight	Oven Temperature	Approx. Total Roasting Time
TURKEY	6 to 8 lb.	325°	2½ to 3 hr.
	8 to 12 lb.	325°	3 to 3½ hr.
	12 to 16 lb.	325°	3½ to 4 hr.
	16 to 20 lb.	325°	4 to 4½ hr.
	20 to 24 lb.	300°	5 to 6 hr.
CHICKEN	2 to 2½ lb.	400°	1 to 1½ hr.
(Unstuffed)	2½ to 4 lb.	400°	1½ to 2½ hr.
	4 to 8 lb.	325°	3 to 5 hr.
DUCK (Unstuffed)	3 to 5 lb.	325°	2½ to 3 hr.

NOTE: Small chickens are roasted at 400° so that they brown well in the short cooking time. They may also be done at 325° but will take longer and will not be as brown. Increase cooking time 15 to 20 minutes for stuffed chicken and duck.

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Main Dishes

Creamed Chicken and Biscuits

½ large onion
½ tsp. butter
4 c. cooked chicken
1 c. sour cream
½ c. milk
½ c. chopped pimento
1 c. shredded mild Cheddar cheese
6 frozen biscuits, thawed

Preheat oven to 350°. Grease bottom and sides of 11x7 inch baking dish. Chop onion; saute in butter until tender. Combine chicken, onion, soup, sour cream, milk, and pimento in a bowl and mix well. Spoon mixture into prepared dish; bake for 15 minutes. Remove from oven; sprinkle baked layer with ¾ cup of cheese. Arrange biscuits in single layer on top. Sprinkle remaining cheese. Bake until biscuits are golden brown and sauce is bubbling (approximately 20 minutes).

Cindy Renollet

Parmesan Chicken

¾ c. Parmesan cheese
⅓ c. cracker crumbs
1 Tbsp. garlic salt
1 tsp. pepper
1 tsp. paprika
2 Tbsp. melted margarine
6 boneless chicken breasts

Preheat oven to 400°. Spray pan with non-stock spray. Mix cheese and cracker crumbs with garlic salt, pepper, and paprika. Skin chicken breasts; dip breasts into margarine, then into the cheese mixture. Place chicken in baking dish and bake for 45 minutes.

Rita Scheideman

Chicken Enchiladas

1 c. chicken broth
1 can cream of mushroom soup
1 can cream of chicken soup
1 can evaporated milk
1 can diced green chilies
1 medium onion, chopped
4 small chicken breasts, cooked and cubed
1 lb. Longhorn cheese, grated
12 corn tortillas, torn into pieces

Pour broth into buttered 9x13 inch pan. Mix soup and milk well. Add chilies and onion, then layers, ½ tortilla pieces, chicken, soup, and cheese, then repeat layers. Bake at 325°, uncovered, for 1½ hours.

Della Steffan

Chicken Broccoli Casserole

3 c. broccoli, cooked
2 c. cubed chicken or turkey
1 can cream of chicken soup (undiluted)
½ c. mayonnaise
½ c. grated Parmesan cheese
½ tsp. curry powder

Place broccoli in a greased baking pan. Combine meat with soup, mayonnaise, cheese, and curry powder. Top with 1 cup bread cubes and 2 tablespoons melted butter. Bake, uncovered, for 30 minutes or until heated through. Bake in 350° oven.

Anna Smith

Chicken and Rice Casserole

½ stick oleo or butter
1 c. rice
1 can cream of chicken soup
1 can water
Chicken, cut up
½ pkg. Lipton rice onion soup mix

Melt butter in bottom of 9x13 inch pan with 1 cup dry rice on top of this. Add 1 cup of soup, then 1 can water. Lay chicken pieces on this (salt and pepper). Sprinkle Lipton soup on top. Cover and bake 1½ to 2 hours at 350°.

Marjorie Ford

One-Dish Meal

1 lb. hamburger
1 chopped onion
1 can tomato soup
½ can cold water
1 can corn
4 to 5 sliced potatoes

Fry hamburger until browned; drain. Add remaining ingredients; stir gently. Cover. Cook slowly over low heat for 20 to 30 minutes, stirring occasionally.

Thelma Monroe

Huntington Chicken

1 chicken boiled till tender (debone)

Save 3 cups broth, thickened with 3 tablespoons flour. Add 3 cups cooked shell macaroni; salt to taste. Add about ½ pound Velveeta cheese, chopped to the broth and chicken. Pour in oblong baking dish. Crumble potato chips over top and bake 35 to 45 minutes at 350°.

Erma Proffit

Ham Loaf

1 lb. ground lean beef
1 lb. ground ham
1 lb. lean sausage
2 c. skimmed milk
3 eggs
2 c. crumbs (can use bread or Post Toasties)
1½ tsp. salt
¾ tsp. pepper

Mix well. Can be made either in a loaf pan or a 9x13 inch pan. Bake 1 hour at 350°. Mix ½ cup sugar and 3 teaspoons mustard; spread over top and bake last ½ hour.

Viola Hauschild

Meaty Baked Beans

1 lb. hamburger
1 medium onion, minced
3 cans pork and beans
1 tsp. chili powder
⅓ c. ketchup
1 tsp. prepared mustard

Brown hamburger and onion until meat is done. Stir in rest of ingredients. Bake, uncovered, in a 2 quart dish at 350° for 45 minutes.

Allen and Opal Long

Chicken Enchiladas

3 lb. cooked chicken, boned and diced
2 (6 oz.) pkg. Monterey Jack cheese, shredded
¼ c. diced onion (optional)
2 cans cream of chicken soup
1 can chicken broth
12 soft flour tortillas

Mix together chicken, half of cheese, onion, and 1 can of soup. Place heaping tablespoons of mixture in the middle of each tortilla; roll up and place, seam side down, in baking dish (9x13 inches). Mix remaining can of soup with can of chicken broth. Make a smooth sauce and pour on top of enchiladas. Top with remaining cheese. Bake for 30 to 40 minutes at 350°. At end of baking time, broil for a few seconds to get a nice golden topping.

Evelyn Davis

Huntington Chicken

4 to 6 cooked chicken breasts
3 c. chicken broth
6 Tbsp. flour
2 to 4 c. cooked shell macaroni
¼ lb. Velveeta chicken (⅓ of 2 lb. rectangle)

I also put about ½ cup of onions in this recipe, cooking in broth for a short time. Thicken broth and onions with flour; add breasts, macaroni, and cheese. Just before baking, sprinkle with ¾ to 1 cup dry bread crumbs and pour ½ to ¾ cup half & half. Bake at 350° for 40 minutes or until bubbly.

Erma Proffitt

Easy Chicken Pot Pie

1 (6 oz.) pkg. Stove Top chicken or turkey stuffing mix
4 Tbsp. margarine
1½ c. hot water
1 (12 oz.) jar chicken gravy
2 c. cubed cooked chicken
1 (10 oz.) pkg. frozen mixed vegetables, thawed and drained
¼ tsp. dried thyme leaves (optional)

Heat oven to 350°F. Stir contents of vegetable/seasoning packet, margarine, and water in bowl. Add stuffing crumbs; stir until water is absorbed. Mix gravy, chicken, vegetables, and thyme in 2 quart casserole. Spoon stuffing over chicken mixture. Bake 45 minutes or until hot and bubbly. Makes 6 servings.

Brenda Oliphant

Chicken Enchilada Casserole

2 cans enchilada sauce
2 flour tortillas
2 chicken breasts, cooked and thinly sliced
1 large pkg. Parmesan cheese

Spread thin layer of enchilada sauce in 9x12 inch baking dish. Add a layer of tortillas, a layer of chicken, and a layer of cheese. Repeat until dish is ¾ full with cheese. Bake at 350° for 40 minutes.

Lorena Hauschild

Chicken Enchilada Casserole

6 to 8 corn tortillas, torn in pieces
1½ c. grated cheese (Cheddar and Mozzarella)
4 chicken breasts, cooked and cut into pieces
1 can mushroom soup
1 can chicken soup
1 can green chilies

Mix all, but ½ cup of cheese, and put in 9x13 inch pan. Sprinkle remaining ½ cup of cheese on top. Cook at 350° for 1 hour.

Miranda Reed

Hungry Jack

1 lb. ground beef
2 Tbsp. onion
1 can pork and beans
¾ c. BBQ sauce
2 Tbsp. brown sugar
1 can biscuits
1 c. cheese

Brown beef with onion. Drain. Add pork and beans, BBQ sauce, and brown sugar. Pour all in 8x8 inch round dish. Cut biscuits in ½ circles and put on top of mixture. Sprinkle with cheese. Bake at 350° for 20 to 25 minutes until bubbly.

Miranda Reed

Breakfast Casserole

1 lb. pork sausage
8 to 12 slices American cheese
6 eggs
4 slices bread, cut into squares
2 c. milk
1 tsp. salt
1 tsp. dry mustard

Preheat oven to 325°. Grease 9x13 inch pan. Place bread in bottom of pan. Fry and drain sausage. Crumble evenly over bread. Lay cheese slices on top of the sausage. Mix remaining ingredients in bowl and pour over cheese slices. Bake 30 to 40 minutes. This can be made the day before and refrigerated, uncooked. Serves 12.

Donna Batterton

Cashew Chicken

1 chicken, boiled and cut-up in chunks
1 celery (2 to 3 sticks), cut-up
1 bunch green onions, chopped
Mayo (real mayo; enough for spreading consistency)

Add cashews when ready to eat. If added before, they get soft.

Brenda Oliphant

Chicken Delight

6 or 7 lb. boiled chicken
12 oz. pkg. crinkly or curly noodles, boiled
1½ lb. Velveeta cheese, cut-up
2 cans cream of mushroom soup
1 can milk
1 can pimentos
1 can mushrooms

Saute 1½ sticks of celery and 2 large green peppers in 3 tablespoons of butter. Mix all ingredients together with chicken. Bake until brown. Add milk if necessary to keep from being too dry.

Beth Morgan

Arroz con Pollo (Rice with Chicken)

Preparation Time: 35 minutes. Cooking Time: 30 minutes.

1 (2½ to 3 lb.) cut up broiler-fryer chicken
3 Tbsp. olive oil
1¼ c. long grain rice
1 (14½ oz.) can chicken broth
1 (12 oz.) can beer
1 Tbsp. ground cumin
2 cloves garlic, minced
½ tsp. salt
¼ tsp. ground saffron or ⅛ tsp. ground turmeric
¼ tsp. pepper
Salt
Pepper
2 (10 oz.) pkg. frozen peas

Rinse chicken; pat dry. In a 12 inch skillet, cook chicken, uncovered, in hot olive oil over medium heat about 15 minutes, turning to brown evenly. Remove chicken from skillet.

To the skillet, add uncooked rice. Cook and stir over medium heat until rice is light brown. Carefully stir in broth, beer, cumin, garlic, the ½ teaspoon salt, saffron or turmeric, and the ¼ teaspoon pepper.

Place chicken on top of the rice mixture. Season lightly with additional salt and pepper. Bring to boiling; reduce heat. Cover and simmer for 30 to 35 minutes or until rice and chicken are tender and the chicken is no longer pink. Remove the chicken; keep warm. Stir the peas into the rice mixture; heat through. Arrange the chicken on top of the rice mixture; serve immediately. If desired, garnish with strips of red sweet pepper and fresh basil. Makes 6 servings.

Teresa Vazquez

Grilled Cheese Pita with Mustard and Apple Butter

2 (5 or 7 inch) whole large pita bread, sliced around perimeter and split open
1 Tbsp. apple butter
1½ tsp. Dijon mustard
1 (4 oz.) pkg. shredded extra sharp Cheddar cheese
4 tsp. olive oil

Spread apple butter on one side of each pita and mustard on the other. Sprinkle a portion (about 1 ounce) of cheese on each pita bottom; top with remaining pita. Halve each sandwich so they can be toasted all at the same time.

Heat a large 12 inch skillet over medium heat. Brush top side of each sandwich with olive oil. Place each pita, oil side down, in the skillet. As pita grills, brush remaining sides with oil. Cook until crisp and golden, two to three minutes per side. Serve. Makes four servings.

Delma Small

Grilled Hawaiian Sandwich

1 (8¼ oz.) can sliced pineapple in syrup
1 egg, slightly beaten
¼ c. milk
1 Tbsp. chopped green onion
1 Tbsp. Dijon mustard
1 tsp. caraway seeds
8 slices French bread
Parmesan cheese
4 slices Swiss cheese
4 slices baked ham
4 slices Cheddar cheese
Butter

Drain pineapples. Combine next 5 ingredients. Dip one side of bread in egg mixture, then in Parmesan cheese. Top undipped side with slice of Swiss cheese, ham, pineapple, Cheddar cheese, and bread with dipped side up. In skillet, brown in butter on both sides. Remove to baking sheet. Bake in 425°F. oven for 5 to 8 minutes. Makes four servings.

Delma Small

Enchiladas

1 can cream of mushroom soup
1 can cream of chicken soup
1 can green enchilada sauce
1 small can chopped chilies
1 lb. browned hamburger with onion
1 c. shredded cheese
1 pkg. corn tortillas, torn into bite-size pieces

Mix the first 6 ingredients together. You can layer it, or just dump it together; mix well and put in a greased 9x13 inch pan. Bake for 45 minutes at 350° and top with more cheese.

Jan Hendricks

Dinner Casserole

1 lb. ground beef
1 onion, chopped
1 small can tomatoes
1 c. potato chips, crushed
½ c. cracker crumbs
2 eggs

Pour into buttered baking dish and top with crushed potato chips. Bake until brown at 375°.

Mary Cruth

Souffle Casserole

16 slices bread, trimmed, cubed
3 pkg. (4 oz.) shredded cheese or ½ lb. brick cheese
8 eggs
2 c. ham, cubed
12 Tbsp. margarine
2 tsp. salt

Spread ½ of bread on bottom of greased 9x13 inch pan. Cover with ½ of cheese and ham. Add one more layer of each. Mix eggs, salt, and milk. Pour over all; cover with foil and refrigerate overnight. Bake at 400° for 45 minutes in a pan of hot water. Can be baked without the hot water. Melt oleo and pour over top. Return foil if it gets too brown. Serves 15.

Viola Drake

Pizza Rolls

¾ c. ground beef
Salt and pepper to taste
Garlic to taste
½ c. ketchup or barbeque sauce
2 Tbsp. brown sugar
1 Tbsp. minced onion
¾ c. grated cheese
8 oz. can refrigerator biscuits

Brown meat; season with salt, pepper, and a little garlic salt. Drain fat. Add ketchup or sauce, onion, and brown sugar. Roll dough out. Place rolled dough into greased muffin cups, making sure dough goes up the sides. Fill with cooked meat mixture and top with cheese. Bake in 400° oven for 10 to 12 minutes.

Margaret Morgart

Shirley's Taco Pizza

½ lb. hamburger, cooked and drained
3 Tbsp. green chilies, drained
2 Tbsp. taco seasonings (½ pkg.)
3 Tbsp. refried beans
2 large flour tortillas (10 inch)
1 Tbsp. oil
1½ c. 4 cheese Mex cheese
⅓ c. sliced ripe olives
¼ c. green onions, sliced
¼ c. pizza sauce (or to taste)

Preheat oven to 450°. Brown hamburger, drain grease, and then place in large batter bowl. Place 1 tortilla on 13 inch stone or cookie sheet. Sprinkle 1 cup cheese over tortilla. Place second tortilla on top and brush oil over tortilla. Place in oven for 4 minutes. Add chilies, sauce, refried beans, and taco seasonings to hamburger in bowl and stir together. Slice olives and green onions. When 4 minutes is up, spread hamburger mixture over the top. Sprinkle olives and green onions on top. Sprinkle with remaining cheese and place in oven 3 minutes or till cheese is melted. Serve with lettuce and tomatoes. Garnish with sour cream if desired.

Shirley Wise

Impossible Lasagna Pie

½ c. small curd cottage cheese
¼ c. grated Parmesan cheese
1 lb. ground deer, browned
1 tsp. oregano
½ tsp. basil
6 oz. can tomato paste
1 c. shredded Mozzarella cheese
1 c. milk
⅔ c. Bisquick
2 eggs
1 tsp. salt
¼ tsp. pepper

In a 10 x 1½ inch pie plate layer cottage cheese and Parmesan cheese. Mix meat, oregano, basil, tomato paste, and half of Mozzarella and spread over cheese layer. Beat milk, Bisquick, eggs, salt, and pepper until smooth. Pour over top and bake 30 to 35 minutes at 400°. Sprinkle remaining Mozzarella cheese on top and let stand 5 minutes before serving.

Pat Hauschild

Venison Meat Balls Burgundy

1 lb. ground venison
1 large clove garlic
4 green onions and tops
1 stalk celery
1 egg
¼ c. fresh parsley
¼ c. vegetable oil
¼ c. flour
½ c. burgundy wine
2 beef bouillon cubes
2 to 3 c. water
Bay leaf

Finely chop garlic, onions, celery, and parsley; mix with ground meat and egg. Mix well. Form mixture into balls; brown in black iron skillet or Dutch oven. Remove. Make a roux by browning flour in oil, stirring constantly, over moderate fire. Add water, wine, bouillon cubes, and bay leaf to make gravy. Put balls in gravy and simmer 30 to 45 minutes until done. Serve with rice or potatoes. Serves 4.

Pat Hauschild

Elephant Stew

1 medium sized elephant
Brown gravy enough to cover elephant
Salt and pepper
2 rabbits (optional)

Cut the elephant into bite-size pieces. This will take you about 2 months. Add the brown gravy and cook over low fire for about 4 months. This will serve 3,800 people. If more are expected, add the 2 rabbits. But do this only if necessary, as most people don't like to find hare in their stew!

Pat Hauschild

French Fried Rattlesnake

1 rattlesnake, clean and cut up
2 eggs, well beaten
1 clove garlic, minced fine
1 c. cracker crumbs
¼ c. flour
1 tsp. salt
⅛ tsp. pepper
Hot oil for deep frying

Dip pieces of snake meat in beaten egg to which garlic has been added. Combine cracker crumbs, flour, salt, and pepper in paper bag. Drop egg-coated pieces, one at a time, into the bag. Remove and fry until golden brown in hot oil.

Pat Hauschild

Spicy Fried Chicken, Quail, Turkey, Dove, Etc.

2 c. water
2 Tbsp. Tabasco or other hot sauce
6 chicken breasts (or other fowl)
1 c. self-rising flour
1 tsp. garlic powder
½ tsp. pepper
1 tsp. paprika
1 tsp. red pepper
Vegetable oil

Combine water and hot sauce; pour over chicken breasts or other fowl and marinate 1 hour in refrigerator, turning once. Combine flour and next 4 ingredients. Remove fowl from marinade and dredge each piece in flour mixture, coating well. Heat 1 inch of oil in a large skillet to 350°. Add fowl and fry 5 to 6 minutes on each side or until golden brown. Recipe may be too spicy for some folks; manipulate as needed.

Pat Hauschild

Double-Triple Hickory B-B-Q Sauce

¼ c. butter, margarine, or vegetable oil
½ c. finely chopped onion
1 clove garlic, crushed
1 (1 lb. 12 oz.) can tomatoes, cut-up
1 (6 oz.) can tomato paste
1 c. water
¼ c. cider vinegar
½ c. ketchup
¼ c. dark molasses
1 Tbsp. chili powder
1 Tbsp. hickory smoked salt
½ tsp. charcoal seasoning (optional)
1 tsp. dry mustard
1½ tsp. Worcestershire sauce
¼ tsp. ground pepper
1 bay leaf
3 drops hot pepper sauce

In a large saucepan, heat butter until hot. Add onion and garlic. Saute 5 minutes, stirring occasionally. Stir in remaining ingredients. Bring mixture to a boil. Reduce heat and simmer, uncovered, 30 minutes. Stir occasionally. Strain. If not using immediately, store sauce in covered jar in refrigerator. It will keep well for 2 to 3 weeks. Sauce can be frozen.

Liscia Lawrence

Sweetish Meatballs

Meatballs:

2 lb. ground beef
4 eggs, slightly beaten
1 (15 oz.) can tomato sauce
3 c. crumbs
1 tsp. salt
½ tsp. pepper
2 Tbsp. minced onion pieces

Sauce:

4 Tbsp. Worcestershire sauce
¾ c. BBQ sauce
½ c. brown sugar
1 can jellied cranberry sauce
1 c. grape jelly

Mix all meatball ingredients together; make into small balls. Brown meatballs in a greased skillet and put them in a crockpot. Heat sauce ingredients in a pan until cranberry sauce and jelly are melted. Pour over meatballs in crockpot and simmer 1 hour or more. Makes 50 to 60 meatballs.

Donna Proffit (Wayne Proffitt)

Pizza Flavored Casserole

½ pkg. (6 oz.) extra wide noodles
1 lb. ground beef
⅓ c. chopped onion
½ tsp. salt
1 large can tomato sauce (15 oz.)
¼ tsp. oregano
1 tsp. sugar
1 tsp. dried basil
⅛ c. snipped parsley
1 (2 oz.) can mushrooms
¾ c. grated Mozzarella cheese

Cook noodles. Saute beef and onion; drain. Combine tomato sauce and spices. Add to drained cooked beef; add noodles and cheese. Pour into greased 2½ quart casserole. Bake at 350° for 30 minutes.

This recipe lends itself to creativity. You can add any other favorite pizza topping or substitute Italian sausage for all or part of the hamburger.

Cindy Lewis

Chicken Fried Steak

Pouch each piece as you would steak. Salt lightly. Mix finely rolled cracker crumbs with equal amount of flour; add seasoned salt or you own favorite seasonings and coat each steak well. Brown well; add 1 cup water and simmer 30 minutes or remove to covered dish and bake at 350° for ½ hour.

Violet Parsons

Baked Eggs

Line each muffin tin with a slice of bacon, thick sliced. Break an egg in each muffin tin and season with salt and pepper. Bake in 400° oven until bacon is done and egg the desired firmness. Serve with hot rolls or muffins.

Violet Parsons

Souffle Casserole

16 slices bread, trimmed, cubed
3 pkg. (4 oz.) shredded cheese or ½ lb. brick cheese
8 eggs
2½ c. milk
2 c. ham, cubed
12 Tbsp. margarine
2 tsp. salt

Spread ½ of bread on bottom of greased 9x13 inch pan. Cover with ½ of cheese and ham. Add one more layer of each. Mix eggs, salt, and milk. Pour over all; cover with foil and refrigerate overnight. Bake at 400° for 45 minutes in a pan of hot water. Can be baked without the hot water. Melt oleo and pour over top. Return foil if it gets too brown. Makes 15 servings.

Viola Drake

Swedish Meat Balls

1 lb. ham, cooked
1 lb. hamburger
3 eggs
2 c. oatmeal
1 Tbsp. prepared mustard
½ tsp. salt
Pepper to taste

Combine ingredients and add enough milk to moisten so balls will hold shape; use at least ¼ cup milk. Pour over meat balls the following:

2 c. brown sugar
1 c. water
1 c. vinegar

Bake at 350° to 375° for 30 to 40 minutes. Makes at least 20 (¼ cup) balls.

Mildred A. Stout

Baked Chicken

1 chicken, cut up
1 env. onion soup mix
½ c. ketchup
¼ c. brown sugar
¼ c. water

Place foil in shallow pan. Put chicken in pan. Mix ingredients; pour over chicken. Cover with foil. Bake 1 hour at 375°.

Helene Ray

Tostado Salad (Mexico)

1 can kidney beans, drained
1 head lettuce, broken into pieces
4 tomatoes, quartered
1 pkg. grated Cheddar cheese
1 small onion, chopped
Hot sauce to taste
1 (8 oz.) jar Thousand Island dressing
1 (39 cent) bag Doritos, crushed

Mix hot sauce and Thousand Island dressing. Combine remaining ingredients in large salad bowl. Pour dressing mix just prior to serving.

Donna Batterton

Spicy Rice Casserole

1 lb. pork sausage
½ tsp. garlic powder
2 medium green peppers, chopped
2 c. boiling water
1 pkg. long grain wild rice
1 tsp. cumin
2 medium onions, chopped
2 beef bouillon cubes
1 to 2 jalapeno peppers, seeded and finely minced

In a large skillet, cook sausage, cumin, and garlic powder, stirring often. Drain. Add onions and green pepper; saute until tender crisp. Dissolve bouillon in water; add to skillet. Stir in jalapenos, rice, and rice seasoning packet. Bring to boil. Reduce heat and simmer, uncovered 5 to 10 minutes or until water is absorbed. Makes 4 to 6 servings.

Bernie Linden

Sack Lunch

2 lb. hamburger
1 onion, diced
½ c. cheese, diced
2 to 3 sticks celery, diced
1 can cream of mushroom soup
Catsup
Mustard
Hamburger buns

Brown hamburger; drain and remove from fire. Add onion, cheese, celery, and soup; mix well. Put catsup on ½ bun and mustard on the other ½ bun. Put mixture on bun and wrap in wax paper. After each is wrapped, put all in brown grocery sack; close top tightly. Bake at 350° for 20 minutes or until hot. This may be made the day before and refrigerated until ready to bake; allow some more baking time though.

Valerie Saunders

30 Minute Creamy Macaroni

1 (7 oz.) pkg. Creamettes elbow macaroni (2 c. uncooked)
1 (10¾ oz.) can Campbell's condensed cream of mushroom soup
1 c. milk
1 tsp. Dijon-style mustard
⅛ tsp. pepper
2 c. broccoli flowerets
1 c. cauliflowerets
½ c. sweet red pepper, cut in 1 inch sq.
1½ c. cubed cooked ham or turkey
¾ c. shredded Cheddar cheese

Prepare Creamettes elbow macaroni according to package directions; drain. Meanwhile, in 10 inch skillet over medium heat, heat soup, milk, mustard, and pepper to boiling. Add vegetables; return to boiling. Reduce heat to low. Cover; simmer 10 minutes or until vegetables are tender, stirring occasionally. Stir in ham, cheese, and macaroni. Heat through. Sprinkle with additional cheese if desired. Makes 8 cups or 6 servings.

Preparation Time: 10 minutes. Cook Time: 20 minutes.

Tip: Substitute 1 (16 ounce) package frozen broccoli, cauliflower, and red pepper for fresh vegetables.

Valerie Saunders

Impossible Cheeseburger Pie

1 lb. ground beef
1½ c. chopped onion
½ tsp. salt
¼ tsp. pepper
1½ c. milk
¾ c. Bisquick mix
3 eggs
2 tomatoes, sliced
1 c. shredded Cheddar or process American cheese

Heat oven to 400°. Grease pie plate, 10 x 1½ inches. Brown beef and onion; drain. Stir in salt and pepper. Spread in plate. Beat milk, baking mix, and eggs until smooth, 15 seconds in blender on high or 1 minute with hand beater. Pour into plate. Bake 25 minutes. Top with tomatoes; sprinkle with cheese. Bake until knife inserted in center comes out clean, 5 to 8 minutes. Cool 5 minutes. Makes 6 to 8 servings.

Shirley Wise

Bar-B-Q Ribs

1 lemon, thinly sliced
1 large onion, chopped
Beef or pork ribs

Cut ribs into pieces, 2 or 3 wide. Spread, meaty side up, in shallow baking pan. Salt and pepper lightly and on each piece put a thin slice of lemon. Sprinkle generously with chopped onions. Put into 450° oven, uncovered, for 45 minutes to brown. When the 45 minutes are up, pour the sauce over ribs, reduce heat to 350°, and continue roasting for 1 to 1½ hours. Don't cover pan at any time, but do baste and turn ribs occasionally.

Shirley Wise

Bar-B-Q Sauce

1 tsp. salt
1 tsp. chili powder
1 tsp. celery seed
¼ c. brown sugar, packed
¼ c. vinegar
¼ to ½ c. Worcestershire sauce
1 c. catsup
2 c. water
Few drops of Tabasco sauce (optional)

Mix sauce ingredients and bring to a boil. Pour over ribs. May be used on any meat. Great for using on the grill.

Shirley Wise

Ham and Noodle Casserole

Grind 1 lb. or ½ lb. ham (raw)
½ lb. American cheese
1 green pepper, chopped or ground
1 can mushroom soup
1½ c. water
¼ tsp. salt (not needed if more ham is used)
6 oz. pkg. fine noodles

Mix together and bake 1 to 1½ hours at 325°.

Anna Smith

Crunchy Potato Bites

1 c. cooked mashed potatoes
1 c. ground cooked ham
½ c. (2 oz.) shredded Swiss cheese
2 Tbsp. chopped green onions
1 egg, beaten
3 Tbsp. mayonnaise
1 tsp. prepared mustard
¼ tsp. hot sauce (optional)
Dash of pepper
1 c. crushed corn flakes

Combine all ingredients, except corn flakes. Shape into 1 inch balls; roll in corn flakes. Place on lightly greased baking sheets and bake for 30 minutes. Serve warm. Makes approximately 2 dozen.

Marjorie Ford

Pedro's One Pot Meal

1 lb. hamburger
½ c. onion
1 can tomatoes, chopped
1 c. salsa
2 c. frozen corn
1 can kidney beans

Mix all together and heat well. Serve with corn chips, shredded cheese, sour cream, and shredded flour tortillas.

Valerie Saunders

Enchilada Casserole

1½ lb. ground beef
1 large onion, chopped
1 c. water
2 to 3 Tbsp. chili powder
1½ tsp. salt
½ tsp. pepper
¼ tsp. garlic powder
2 c. salsa, divided
10 flour tortillas (7 inches), cut into ¾ inch strips, divided
1 c. (8 oz.) sour cream
2 (15¼ oz.) cans whole kernel corn, drained
4 c. (16 oz.) shredded Mozzarella cheese

In a skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in water, chili powder, salt, pepper, and garlic powder. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes. Place ¼ cup salsa each in two greased 8 inch square baking dishes. Layer each dish with a fourth of the tortillas and ¼ cup salsa. Divide meat mixture, sour cream, and corn between the two casseroles. Top with remaining tortillas, salsa, and cheese.

Cover and freeze one casserole for up to 1 month. Cover and bake second casserole at 350° for 35 minutes. Uncover; bake 5 to 10 minutes longer or until heated through.

To use frozen casserole: Thaw in the refrigerator for 24 hours. Remove from the refrigerator 30 minutes before baking. Bake as directed above. Yield: 2 casseroles (4 to 6 servings each).

Danielle Goodrow

Ham and Beans

Sort and clean 3 cups pinto beans. Cover with water 2 inches higher than beans and add 1 tablespoon baking soda; soak overnight. Drain and rinse. Place in pan twice as big as beans. Cover with water and add either chopped ham, ham hocks, or bacon slices, chopped onion (to taste), salt, and pepper. Cook 3 to 4 hours, covered. Keep checking water level and add more if needed. If you don't have time to soak beans overnight, cover with boiling water and soak 1 hour.

Vernon Johnson

Chicken and Noodles

Homemade Noodles:

2 c. flour
1 tsp. salt
3 eggs
3 to 4 Tbsp. water

Mix salt into flour. Make a well in center, add 3 eggs, and stir. Add water, 1 tablespoon at a time. Turn out onto well-floured surface. Knead and roll thin. Let dry and cut into strips. While noodles are drying, cut up chicken, cover with water; add salt and pepper and cook in pressure cooker. May add ½ to ¾ teaspoon celery seed or 2 long celery stalks with leaves. Add onion to taste. After meat is cooked, cool and remove from bones. Return meat to broth and bring to a boil. Add noodles and cook until tender. Delicious over mashed potatoes.

Vernon Johnson

Macaroni and Cheese Casserole

1 box Kraft deluxe mac and cheese
⅓ c. red pepper slices
⅓ c. broccoli
⅓ c. zucchini
½ tsp. hot pepper powder

Prepare mac and cheese as on box. Saute veggies until warmed and stir into mac and cheese. Add hot pepper powder.

Sara Hixon

Tamales

Dough:

5 lb. masa or 5 lb. masa harina and water to make a pliable dough
½ c. fat
Meat stock
Salt to taste

Filling:

¾ lb. fat pork
¾ lb. veal or beef
1½ tsp. chile powder
1½ c. hot water

Corn Husks: Cut or chop on each end of the husk; open up and clean well. Put into boiling water to soak for 1 hour. Husks should be about 6 or 7 inches long and 2½ inches wide. If you cannot get corn husks, you may use parchment paper or aluminum foil to prepare tamales.

Masa Dough: Place 3 pounds white corn in kettle; add 3 quarts water and 2 tablespoons lime and allow to boil for two hours, or until corn begins to peel. Remove from fire and cool. Rub corn between the hands until skin and kernel separate and rinse in cold water until white. This is called nixtamal. Run through food chopper several times. This dough is called masa. In Masa Harina, the above has already been done and it is even better with a package of ground Posole Corn added.

Filling and Dough: Boil both meats. When tender, remove meat and drain stock, setting it aside to use on dough. Cut meat into small cubes. Heat 3 tablespoons lard, add meat, and brown. In the hot water, mix the chile powder and mix well with the meat. Allow to simmer for about ½ hour. Mix the masa with salt, fat, and stock. Beat well with wooden spoon to make it light.

Tamales: Spread an ⅛ inch layer of the prepared masa, about 1⅛ x 4 inches in size, on upper part of husk; put the meat mixture down the center. Fold over and tie ends with strings made from husks. Steam 1 hour in kettle or steam 20 minutes at 15 pounds pressure in pressure cooker. Serve with sauce. If you wish to freeze any, do so before steaming. On cooking frozen ones, increase cooking time by one-half.

To steam tamales properly, if there is no suitable steam cooker available, set two layers of dry corn cobs on the bottom of a pot of suitable size, with water not quite to cover. Place the tamales on top of the cobs, so they may steam, not boil.

Teresa Vazquez

Mexican Casserole

1 lb. ground beef
1 taco seasoning packet
½ c. water
1 c. corn
4 slices American processed cheese
4 c. quick taters

Preheat oven to 350°. Coat 2½ quart casserole with cooking spray. In medium skillet, brown ground beef; drain. Add seasoning packet, water, and corn. Stir and cook for 5 minutes. Pour mixture into prepared casserole dish. Layer cheese slices over beef mixture. Spread quick taters on top. Bake in oven for 15 to 20 minutes. Makes 6 servings.

Teresa Vazquez

Ham and Scalloped Potatoes

6 to 8 slices ham
8 to 10 medium potatoes
1 to 2 c. grated Cheddar cheese
1 can cream of celery or cream of mushroom soup
Onions, sliced as desired (optional)
Salt and pepper to taste

Slice potatoes thin and toss in ½ teaspoon cream of tartar and 1 cup water. Drain. Place small amount of undiluted soup in bottom of crock pot - enough to cover bottom. Put ½ of potatoes, ham, onions, salt, and pepper, then ½ of cheese. Repeat with remaining half. Spoon rest of undiluted soup over top. Cover and cook on LOW 8 to 10 hours or on HIGH 4 to 6 hours. If you use 2 cups cheese, use 2 cans soup.

Shirley Wise

Country Club Potatoes

2 lb. hamburger
½ to 1 c. chopped onion
24 oz. pkg. frozen hash browns
1 can cream of celery soup
1 can cream of mushroom soup
6 oz. cream cheese
Grated Cheddar cheese
1 soup can milk
Salt and pepper to taste

Brown hamburger and onion. Season with salt and pepper; drain. Place in 9x13 inch pan. Top with 1 inch layer hash browns. In saucepan, heat soups and milk together. Add cream cheese and heat until melted. Pour this over potato layer. Bake at 375° for 45 minutes. Remove from oven, top with grated cheese, and bake until cheese is melted.

Shirley Wise

Glazed Ham Raisin Balls

½ lb. ground cured ham
½ lb. ground fresh pork
⅔ c. evaporated milk
1 c. raisin bran flakes
1 egg
1 Tbsp. finely chopped onion
A dash of salt
A dash of pepper
A dash of thyme
¼ c. brown sugar
¼ c. corn syrup
1 Tbsp. vinegar
½ tsp. dry mustard

Thoroughly mix first 10 ingredients. Shape into 8 or 10 inch balls, using about ¼ cup ham mixture for each. Place in a 11 x 7 x 1½ inch baking pan. Bake, uncovered, in 350° oven for 30 minutes. In a small saucepan, combine rest of ingredients. Bring to a boil. Pour over balls and bake 20 minutes longer, basting once or twice. Makes 4 or 5 servings.

Viola Schirer

Dirty Rice
(Southern dish)

1 lb. lean sausage
1 ctn. chicken livers, cut up
1 small onion, chopped
1 clove garlic, crushed
1 c. celery, diced
¼ green pepper, diced
1 medium box Minute rice, cooked (about 4½ c.)
⅓ c. red wine

In large skillet, fry sausage and cut up chicken livers until brown; push aside. In same skillet, saute onion, garlic, celery, and green pepper until clear or done. Mix cooked rice and red wine with all above. Simmer 5 minutes. Keep warm. Add ½ cup warm water if too thick.

Theda Miller

Schintz Un Knepp

1 qt. dried apples
3 lb. ham
2 Tbsp. brown sugar
2 c. sifted flour
4 tsp. baking powder
¼ tsp. pepper
1 tsp. salt
1 egg, well beaten
3 Tbsp. melted butter
Milk enough to make fairly moist, but not stiff

Pick over and wash dried apples. Cover with water and let soak overnight or for a number of hours. In the morning, cover ham with cold water and let boil for 3 hours. Add the apples and water in which they have been soaking and continue to boil for another hour. Add brown sugar. Make dumplings by sifting together the flour, baking powder, pepper, and salt. Stir in beaten egg, shortening, and milk. Drop the batter by spoonfuls into the hot liquid with the ham and apples. Cover kettle tight and cook dumplings for 15 minutes. Serve piping hot on large platter.

Lucetta Dymond

Ham Loaf

2½ lb. lean fresh pork
2½ lb. lean smoked ham

Order from butcher ahead of time.

1½ c. cracker crumbs
⅓ c. chopped onion
4 eggs, beaten
1½ tsp. salt
2 c. milk
1 Tbsp. chopped parsley (or dried)

Work together well and make into 2 loaves. Cover and refrigerate or freeze. Bake at 350° for 1½ hours, baking after the first 30 minutes frequently (about every 15 to 20 minutes).

Basting Sauce:

2¼ c. brown sugar
1 c. cider vinegar
1½ Tbsp. dry mustard

Boil for 1 minute.

Mary Nelle Dollar

Ham Loaf Sauce

1 c. brown sugar
½ c. water
½ c. vinegar
1 tsp. dry mustard

Boil together for 1 minute.

Helen Davis

Fisherman's Wharf Trout Almandine

Bake 2 pounds fish at 400° for about 10 minutes, unless a large fish. Melt ½ cup butter or margarine. Add ⅓ cup sliced almonds. Stir over medium heat until golden. Blend in ½ teaspoon salt and 3 tablespoons lemon juice; spoon over cooked fish.

Bonnie Dysart

Shrimp Mold

1 (8 oz.) cream cheese
1 can tomato soup
¾ c. chopped celery
¼ c. chopped onion
1 env. unflavored gelatin
½ c. mayonnaise
½ c. cottage cheese
2 cans tiny shrimp, well drained

Heat soup to boil. Dissolve gelatin in ¼ cup hot water. Mix other ingredients and pour into soup, then into a mold or Pyrex dish for either a mold of crackers or cut into squares as salad or meat dish.

Bonnie Dysart

Egg Casserole

Line 9x9 inch casserole with 2 cups plain or onion croutons; cover with 1 cup shredded Cheddar cheese.

Mix together the following and pour over the cheese:

⅓ c. melted butter
4 eggs, beaten
¼ tsp. salt

Set, covered, in refrigerator overnight. Bake at 325° for 40 to 45 minutes. Add 1 cup cooked bacon pieces on top and bake 10 minutes more.

Judy Fulton

Salmon or Tuna Ring

1 (1 lb.) can 2 c. red salmon or 2 (6.5 oz.) cans tuna, drained and flaked
1 c. fine dry bread crumbs
½ c. chopped celery
¼ c. chopped green pepper
2 Tbsp. minced onion
1 Tbsp. lemon juice
1 c. evaporated milk
1 beaten egg

Combine salmon or tuna, crumbs, vegetables, and lemon juice. Combine milk and egg; add to salmon mixture, mixing gently. Turn into well greased 5 cup ring mold. Bake at 350° about 30 to 35 minutes. Invert on warm platter; pass olive sauce.

Olive Sauce - combine:

¼ c. mayonnaise
1 Tbsp. flour
¼ tsp. salt

Blend until smooth. Measure ⅔ cup evaporated milk and add water to make 1¼ cups. Slowly add to mayonnaise mixture. Cook and stir till thick. Add ¼ cup sliced stuffed green olives and ¼ cup chopped salted almonds.

Judy Fulton

Turkey Casserole

2 c. diced leftover turkey
1 c. cream of mushroom soup
½ c. cream style cottage cheese
½ c. crushed potato chips
2 Tbsp. flour
½ c. half & half
¼ c. chopped celery
¼ c. onion, chopped

Combine all ingredients in a shallow baking dish. Top with crushed corn chips. Bake at 350° for 30 minutes.

Sadie Goodwin

Barbecued Spareribs

Place 2 to 3 pounds spareribs in Dutch oven or baking pan. Bake in oven until brown and almost done.

Combine:

1 c. hickory barbecue sauce
1 Tbsp. brown sugar
1 Tbsp. Worcestershire sauce
½ c. catsup

Top baked spareribs with sauce. Bake another 30 minutes at 350°.

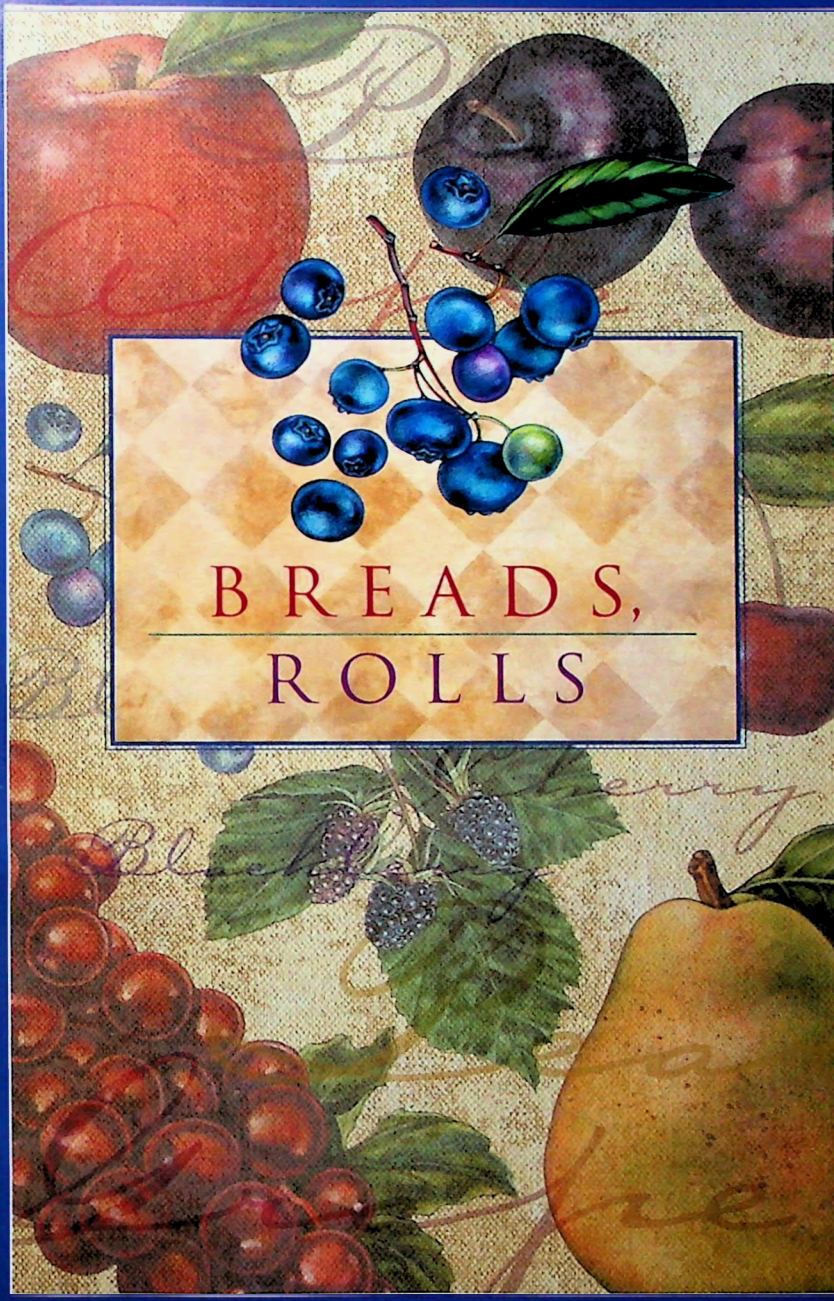
Sadie Goodwin

Taco Soup

1 lb. browned hamburger
1 pkg. taco seasoning
1 can pinto beans
1 can kidney beans
1 can Ro-Tel tomatoes
1 can corn
½ c. diced or crushed tomatoes
1 pkg. Ranch dressing

Drain hamburger and add everything into crock pot, without draining it. Set it on HIGH and it will be ready in 1 hour. Serve with tortilla chips and can top with shredded cheese. May need to get to rolling boil for a hard minute, maybe a little longer. Makes about 6 half pints.

Teresa Vazquez


BREADS,
ROLLS

MICROWAVE HINTS

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1½ to 2 minutes for ½ pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30 to 45 seconds; and one-half gallon, 45 seconds to one minute.
3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2½ minutes. One 3-ounce package of cream cheese will soften in 1½ to 2 minutes.
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping...a 4½ ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
7. Soften jello that has set up too hard - perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
8. Dissolve gelatin in the microwave. Measure liquid in a measuring cup, add jello and heat. There will be less stirring to dissolve the gelatin.
9. Heat hot packs in a microwave oven. A wet fingertip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
10. To scald milk, cook 1 cup milk for 2-2½ minutes, stirring once each minute.
11. To make dry bread crumbs, cut 6 slices bread into ½-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
12. Refresh stale potato chips, crackers, or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
13. Melt almond bark for candy or dipping pretzels. One pound will take about 2 minutes, stirring twice. If it hardens while dipping candy, microwave for a few seconds longer.
14. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nut meats will slip out whole after cracking the shell.
15. When thawing hamburger meat, the outside will many times begin cooking before the meat is completely thawed. Defrost for 3 minutes, then remove the outside portions that have defrosted. Continue defrosting the hamburger, taking off the defrosted outside portions at short intervals.
16. To drain the fat from hamburger while it is cooking in the microwave oven (one pound cooks in 5 minutes on high), cook it in a plastic colander placed inside a casserole dish.
17. Cubed meat and chopped vegetables will cook more evenly if cut uniformly.
18. When baking large cakes, brownies, or moist bars, place a juice glass in the center of the baking dish to prevent a soggy middle and ensure uniform baking throughout.
19. Since cakes and quick breads rise higher in a microwave oven, fill pans just half full of batter.
20. For stamp collectors: Place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
21. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
22. When preparing chicken in a dish, place meaty pieces around the edges and the bony pieces in the center of the dish.
23. Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as the mold.
24. Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down on meat-spoiling types of bacteria.
25. A crusty coating of chopped walnuts surrounding many microwave-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium finely chopped walnuts evenly onto the bottom and sides of a ring pan or Bundt cake pan. Pour in batter and microwave as recipe directs.
26. Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.
27. Heat leftover custard and use it as frosting for a cake.
28. Melt marshmallow creme in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
29. Toast coconut in the microwave. Watch closely because it browns quickly once it begins to brown. Spread ½ cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.
30. Place a cake dish up on another dish or on a roasting rack if you have difficulty getting the bottom of the cake done. This also works for potatoes and other foods that don't quite get done on the bottom.

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Breads, Rolls

Refrigerator Rolls

¾ c. milk, scalded
¼ c. sugar
3 Tbsp. shortening
1 tsp. salt
1 pkg. yeast
¼ c. lukewarm water
1 egg, slightly beaten
3½ c. sifted flour

Soften yeast. Add egg, milk, and remaining ingredients. Let rise an hour, punch down, and put in refrigerator. When ready to use, form into shapes, let rise, and bake at 350° for 20 minutes.

Alice Wilson

Refrigerator Roll Dough

6 Tbsp. Crisco
¼ c. sugar, pour one c. boiling water over this and mix until dissolved
1 tsp. salt

Mix and set aside:

1 rounded Tbsp. dry yeast
3 Tbsp. lukewarm water

Beat in 2 cups flour with mixer into Crisco mixture. Beat in one egg. Add yeast mixture and beat well. Add 1½ cups more flour and stir in with a spoon. Put in greased bowl; grease top of dough. Cover and refrigerate 1 to 3 days. Four hours before needed, divide dough in half. Roll out on a floured surface in a circle. Cut into 12 sections (like pie wedges). Place on greased cookie sheets after rolling up from big end to center. Cover with tea towels and let rise 4 hours. Bake at 425° for 12 to 15 minutes. Makes 24 rolls.

Mary Nelle Dollar

Refrigerator Rolls

½ c. melted butter
1 pkg. yeast
½ c. sugar
4 c. flour
1 c. lukewarm milk
2 beaten eggs
1 tsp. salt

Dissolve yeast in bowl with ¼ cup lukewarm water. Add milk and butter. Add eggs and salt. Add flour and mix well. Knead. Dough will be soft and sticky, but don't add any more flour. Put in bowl; cover and refrigerate 5 or 6 hours. Divide dough in 3 or 4 pieces. Roll out thin in a 6 inch circle. Cut into six or 8 pieces like pie. Spread with butter. Roll up large end first. Arrange on baking sheet and let rise 2 hours or until doubled. Bake 10 to 15 minutes at 350°. Poppy seed or caraway seed can be used to dip rolls in before baking.

Emma Stambaugh

Herbed Batter Bread

½ c. milk
2 Tbsp. sugar
1 tsp. salt
1 Tbsp. margarine
2 Tbsp. minced onion
1 tsp. leaf basil
¼ tsp. leaf marjoram
¼ c. lukewarm water
1 pkg. yeast
1 egg
2¾ c. sifted all-purpose flour

Combine milk, sugar, salt, margarine, onion, basil, and marjoram in saucepan. Heat until bubbles appear around the edge and shortening is melted; cool to lukewarm. Measure warm water in a medium size mixing bowl; sprinkle with yeast and stir to dissolve. Add lukewarm milk mixture. Stir in egg. Add 1 cup flour. Beat vigorously until mixture is well blended. Stir in enough additional flour to make a stiff batter. Beat until well blended. Cover; let rise in warm place (85°), free from draft, about 50 to 60 minutes or until double in bulk. Stir batter down. Turn into well-greased 1½ quart casserole or loaf pan. Let rise 30 minutes. Bake at 350° for 45 to 50 minutes or until well browned. Remove from oven; allow to cool for 3 minutes in pan. Remove from pan; cool thoroughly on wire rack.

Viola Schirer

Onion Batter Bread

¼ c. butter
2 c. finely chopped onion
⅓ c. milk
2 Tbsp. sugar
½ tsp. sage
1½ tsp. salt
¾ c. warm water
2 pkg. yeast
3¼ c. flour, divided

In a large skillet, melt butter. Saute onion until tender. Set aside. Combine milk, sugar, and salt in a saucepan. Heat until bubbles form around the edge. Cool to lukewarm. Measure warm water into large mixing bowl. Sprinkle in yeast and stir to dissolve. Add milk mixture, egg, and sauteed onions. Combine ½ cup flour with sage and add to yeast mixture. Beat vigorously 3 minutes. Beat in remaining flour to make a soft dough. Turn into a greased round 2 quart casserole. Cover casserole loosely with greased waxed paper or plastic wrap. Let rise in warm place until tripled in bulk, about 1 hour. Bake at 375° for 35 to 40 minutes. Remove from casserole and cool on wire rack. Serve warm with Parsley-Dill Butter.

Parsley-Dill Butter:

8 oz. butter
1 Tbsp. chopped parsley
1 Tbsp. chopped fresh dill

Viola Schirer

Corny Corn Muffins

1 c. whole-wheat flour
1 c. yellow cornmeal
4 tsp. baking powder
½ tsp. salt
¼ c. sugar
2 eggs, lightly beaten
1 c. skim milk
3 Tbsp. margarine, melted
1 c. cream-style corn

In large bowl, combine the flour, cornmeal, baking powder, salt, and sugar. In a medium bowl, combine the eggs, milk, margarine, and corn. Add this mixture to the flour mixture, stirring just until the dry ingredients are moistened. Spoon the batter into 12 greased muffin cups. Bake muffins in a preheated 425° oven for 20 to 25 minutes or until the tops are golden.

Fara Fern Thornbury

Superior Corn Bread

⅓ c. shortening
¾ c. sugar
2 eggs
1 c. milk
2 c. flour
3 tsp. baking powder
¼ tsp. salt
¾ c. yellow corn meal

Place shortening, sugar, and eggs in a bowl and beat thoroughly until smooth. Add milk, then the flour sifted with the baking powder and salt. Add corn meal and beat until smooth. Place in a 15x9 inch baking pan. Bake in a moderate oven at 400° for 20 to 25 minutes or until a toothpick comes out clean.

Valerie Saunders

Red Lobster Cheese Biscuits

Dough:

1¼ lb. Bisquick
3 oz. freshly grated Cheddar cheese
11 oz. cold water

Garlic Spread:

1½ c. melted butter
1 tsp. garlic powder
¼ tsp. salt
⅛ tsp. onion powder
⅛ tsp. dried parsley

To cold water, add Bisquick and cheese, blending in a mixing bowl. Mix until dough is firm. Using a small scoop, place dough on a baking pan lined with baking paper. Bake at 375° for 10 to 12 minutes or until golden brown. While biscuits bake, combine spread ingredients. Brush baked biscuits with the garlic topping.

Pat Hauschild

Snack Bread

8 oz. cream cheese
1 pkg. Ranch dressing mix
Rye bread slices
1 cucumber, peeled and sliced

Mix cream cheese and Ranch dressing mix until well blended. Spread on rye bread slice. Place a slice of cucumber on top of each slice of bread and sprinkle with dill weed on top if desired.

Margaret Morgart

Steve's Banana Bread

4 ripe bananas, mashed
½ c. walnuts or pecans
1 tsp. baking powder
1 tsp. baking soda
2 eggs
2 c. flour
1 c. sugar
1 c. milk
½ c. vegetable oil

Blend together and stir. Bake at 375° for 1 hour or until the top of the loaves are golden brown. Makes 2 medium loaves.

Steve Seidl

Sour Cream Banana Bread

1 c. sugar
½ c. butter (oleo)
2 eggs, beaten
1½ c. flour
1 tsp. baking soda
1 tsp. salt
1 c. mashed bananas (3)
½ c. sour cream
1 tsp. vanilla
½ c. chopped nuts (optional)

Cream butter and sugar; add eggs. In another bowl, sift dry ingredients. Combine with the butter mixture. Add bananas, sour cream, and vanilla. Stir well. Add chopped nuts (if used). Pour into well buttered 8x5x3 inch loaf pan or several smaller tea loaf pans. Bake 1 hour at 350°. Remove from pan when cool.

Miranda Reed

Pumpkin Bread

1½ c. sugar
1 c. cooked pumpkin
½ c. vegetable oil
½ c. water
2 eggs
1⅔ c. flour
1 tsp. baking soda
1 tsp. cinnamon
¾ tsp. salt
½ tsp. baking powder
½ tsp. ground nutmeg
¼ tsp. ground cloves
½ c. chopped walnuts
½ c. raisins

In a mixing bowl, combine sugar, pumpkin, oil, water, and eggs. Beat well. Combine dry ingredients; gradually add to pumpkin mixture and mix well. Stir in nuts and raisins. Pour into a greased 9x5x3 inch loaf pan. Bake at 350° for 65 to 70 minutes or until bread tests done. Cool 10 minutes in pan before removing to wire roll.

Bernie Linden

Pumpkin Bread

1½ c. sugar
2 eggs
1¾ c. flour
1 tsp. soda
½ tsp. cloves
½ tsp. nutmeg
⅓ c. water
½ c. nuts
½ c. vegetable oil
1 c. pumpkin
¼ tsp. baking powder
1 tsp. salt
½ tsp. cinnamon
¼ tsp. allspice

Add sugar to oil and then add eggs and pumpkin. Blend spices with flour. Add flour mixture, water, and nuts to pumpkin mixture; mix well. Pour into 2 small or one large greased loaf pan. Bake at 350° for 1 hour.

Margaret Morgart

Pumpkin Nut Bread

2 c. flour
2 tsp. baking powder
½ tsp. soda
1 tsp. cinnamon
½ tsp. nutmeg
1 c. chopped pecans
1 c. pumpkin
1 c. sugar
½ c. milk
2 eggs
¼ c. softened butter

Sift together first 6 ingredients. Combine pumpkin, sugar, milk, and eggs in mixing bowl. Add dry ingredients and butter. Mix until well blended. Stir in nuts. Spread in well-greased loaf pan. Bake in 350° oven for 45 to 55 minutes. Makes 1 large loaf.

Farafern Thornbury

Date Nut Bread

1¾ c. milk, scalded
¼ c. warm water
1 cake compressed yeast
1 c. brown sugar
1 c. chopped dates
2 tsp. salt
½ c. melted shortening
½ c. chopped walnuts
2 eggs, well-beaten
6 c. flour

Sift flour and measure. Soften yeast in warm water. Combine milk, salt, sugar, and shortening. Cool to lukewarm. Add yeast, nuts, eggs, dates, and flour. Mix thoroughly. Turn on lightly floured board. Knead until smooth. Cover with warm, damp cloth. Let rise until double in bulk. Form into loaves. Place in well oiled loaf pans. Cover with warm damp cloth. Let stand thirty minutes. Bake in moderate oven at 350° for 50 minutes.

Anna Smith

Blue Plum Bread

Bake in Bundt or loaf pan at 350°.

1 large or 2 small baby food jars of blue plums
¾ c. oil
2 c. sugar
3 eggs
2 Tbsp. red food coloring

Mix well.

Sift:

2 c. flour
½ tsp. salt
½ tsp. cloves (ground)
½ tsp. cinnamon

Add to first mixture. Do not beat. Grease or spray pan(s). Bake 45 to 60 minutes. Test for doneness like a cake.

Pat Hauschild

Ginger Bread

1½ c. flour
¾ tsp. cinnamon
¾ tsp. ginger
½ tsp. salt
½ tsp. baking powder
½ tsp. soda
½ tsp. allspice
½ c. firmly packed brown sugar
½ c. shortening or margarine
½ c. boiling water
½ c. molasses
1 egg, slightly beaten

Heat oven to 350°. Grease bottom only of 8 or 9 inch square pan (not oil). In large bowl, combine first 7 ingredients. Add remaining ingredients; blend well. Pour batter into prepared pan. Bake at 350° for 30 to 40 minutes until toothpick comes out clean. Serve slightly warm with whipped cream, lemon sauce, or applesauce.

Phoebe Loomis

Cheddar Melt Loaves

1 egg
1 c. shredded Cheddar cheese
½ c. chopped onion
1 tsp. salt
½ c. packed brown sugar
¾ c. milk
½ c. quick cooking oats
1 lb. lean ground beef
⅔ c. ketchup

In a bowl, beat eggs and milk. Stir in cheese, oats, onion, and salt. Add beef and mix well. Shape into 8 loaves. Place in greased 9x13 inch baking dish. Combine brown sugar, ketchup, and mustard. Spoon over loaves. Bake, uncovered, at 350° for 45 minutes.

Helene Ray

Strawberry Nut Bread

3 c. flour
1 tsp. baking soda
1 tsp. salt
2 tsp. cinnamon
2 c. sugar

Add:

4 eggs
1½ c. oil
1½ c. chopped pecans
2 c. frozen strawberries

Mix all together. Bake at 350° for 1 hour or until toothpick is clean. Makes 2 big loaves.

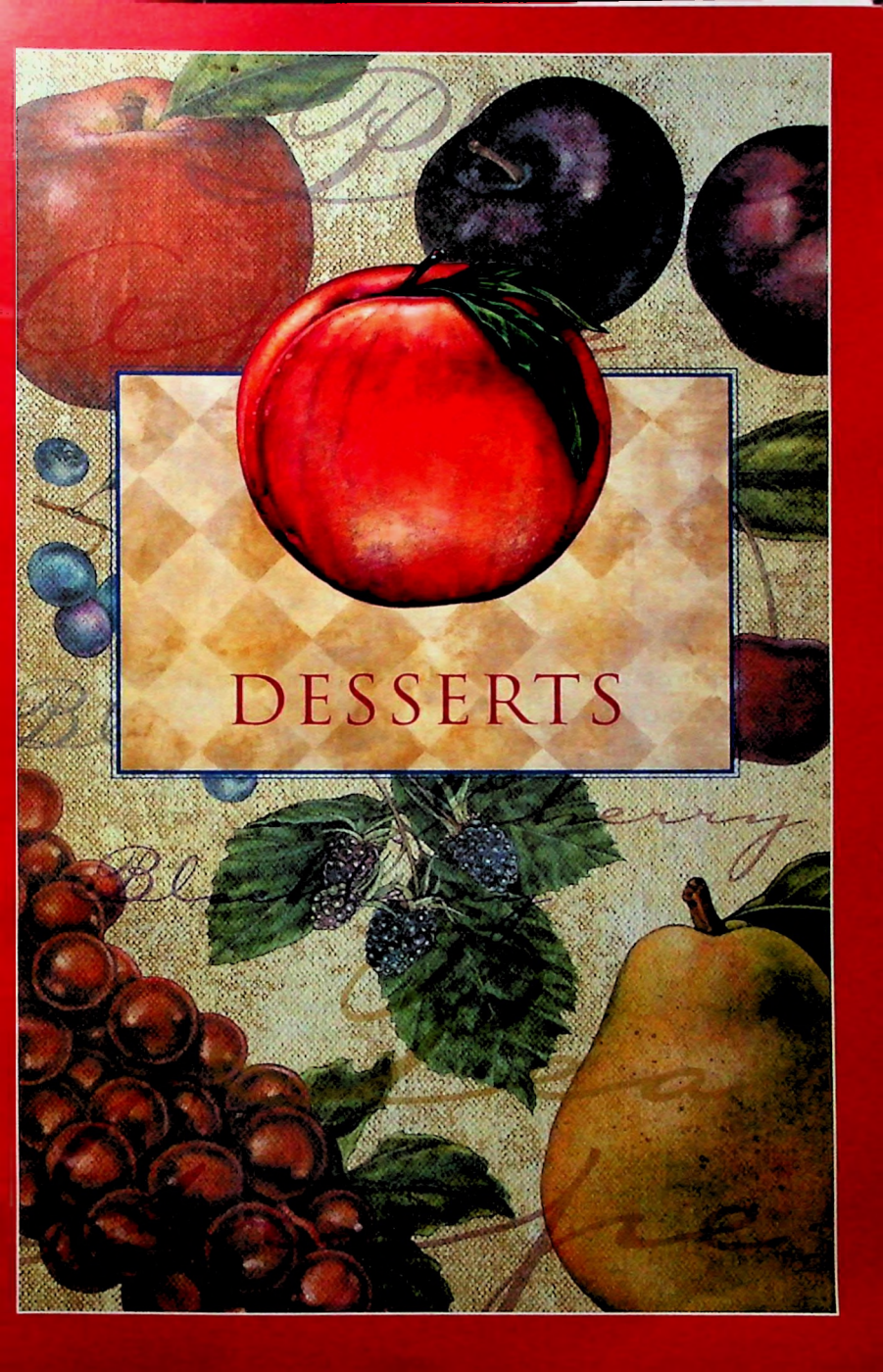
Judy Fulton

Beer Bread

3 c. self-rising flour
3 tsp. sugar
1 (12 oz.) can beer (any kind at room temperature)
½ stick butter, melted

Mix all ingredients together, except butter. Pour into greased loaf pan. Let stand about 15 minutes. Bake at 325° for 45 minutes. Pour melted butter over the bread and bake for 15 minutes until brown.

Teresa Vazquez


DESSERTS

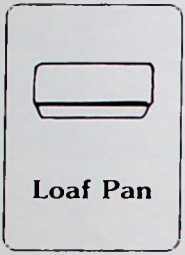
Common Baking Dishes and Pans

Spring Form Pan

Layer Cake or Pie Pan

Ring Mold

Baking or Square Pan


Loaf Pan

Brioche Pan

Angel Cake Pan

Bundt Tube

Equivalent Dishes

4-CUP BAKING DISH
= 9″ pie plate
= 8″ x 1¼″ layer cake pan
= 7⅜″ x 3⅝″ x 2¼″ loaf pan

6-CUP BAKING DISH
= 8″ or 9″ x 1½″ layer cake pan
= 10″ pie pan
= 8½″ x 3⅝″ x 2⅝″ loaf pan

8-CUP BAKING DISH
= 8″ x 8″ x 2″ square pan
= 11″ x 7″ x 1½″ baking pan
= 9″ x 5″ x 3″ loaf pan

10-CUP BAKING DISH
= 9″ x 9″ x 2″ square pan
= 11¾″ x 7½″ x 1¾″ baking pan
= 15″ x 10″ x 1″ flat jelly roll pan

12-CUP BAKING DISH OR MORE
= 13½″ x 8½″ x 2″ glass baking dish
= 13″ x 9″ x 2″ metal baking pan
= 14″ x 10½″ x 2½″ roasting pan

Total Volume of Pans

TUBE PANS	
7½″ x 3″ Bundt tube	6 cups
9″ x 3½″ fancy or Bundt tube	9 cups
9″ x 3½″ angel cake pan	12 cups
10″ x 3¾″ Bundt tube	12 cups
9″ x 3½″ fancy tube mold	12 cups
10″ x 4″ fancy tube mold	16 cups
10″ x 4″ angel cake pan	18 cups
SPRING FORM PANS	
8″ x 3″ pan	12 cups
9″ x 3″ pan	16 cups
RING MOLDS	
8½″ x 2¼″ mold	4½ cups
9¼″ x 2¾″ mold	8 cups
BRIOCHE PAN	
9½″ x 3¼″ pan	8 cups

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Desserts

Old Timey Snow Ice Cream

Fill a small bucket with clean snow (4 quarts approximately). In large bowl, beat 1 egg lightly. Add ½ cup sugar, pinch of salt, 1 teaspoon vanilla, and 2 cups milk. Mix well; stir snow in until mixture becomes thick as desired or until the kids can't wait any longer.

Rhonda Evertz

German Cherry Mousse

1 regular size can sour cherries
½ c. flour
¾ c. sugar
1 qt. milk

Heat cherries till boiling. In separate bowl, mix flour and sugar with enough water to make a thin paste. After cherries boil, stir in flour/sugar mixture and milk, until thickens. Serve warm or cold.

Rhonda Evertz

Peanut Butter Pie

Mix together ½ cup chunky peanut butter and ¾ cup powdered sugar. Pat into bottom of baked pie crust; save a little for topping. Prepare 1 package chocolate (not instant) pie filling and cool. Pour into crust and refrigerate, then cover with 1 small container of Cool Whip and sprinkle with extra topping.

Cynthia Morton

Apple Crunch Cake

1 stick oleo
2 c. sugar
2 eggs
1½ tsp. vanilla
2 c. flour
½ c. chopped nuts
¼ tsp. salt
2 tsp. baking soda
½ tsp. cinnamon
⅛ tsp. nutmeg
4 c. chopped apples (unpeeled)

Cream butter and sugar together. Add eggs and vanilla and beat well. Mix flour, soda, cinnamon, nutmeg, and salt together and stir in creamed mixture. Batter will be stiff. Do not peel apples; chop fine. Stir in dough; spread evenly in buttered 9x13 inch glass pan. Sprinkle chopped nuts on top. Bake at 350° for 15 minutes. Reduce heat to 325° and bake 25 minutes. Serve with hot sauce.

Vanilla Sauce:

1 stick oleo
1 c. half & half
1 c. sugar
½ c. chopped nuts
1 tsp. vanilla

Put margarine, sugar, and half & half in saucepan, cook, and stir over moderate heat until clear and slightly thickened. Remove from heat and stir in vanilla and nuts. Serve warm over cake.

Mary Linke

Custard Pie

1 (9 inch) unbaked pie shell
3 eggs, slightly beaten
½ c. sugar
½ tsp. salt
3 c. milk
1 tsp. vanilla
¼ tsp. nutmeg

Combine eggs, sugar, and salt. Add scalded milk and vanilla. Stir until blended; pour into pie shell. Rub a few drops of cold water over crust to prevent crust from becoming soggy. Sprinkle nutmeg over custard. Bake in 325° oven for 60 minutes or until custard is set. (May not take the full 60 minutes.)

Wayne Proffitt

No Bake Cookies

6 c. sugar
1½ c. milk
1½ c. butter
⅓ to ⅔ c. cocoa

Bring to a boil; cook for 2 minutes.

Add:

1½ c. peanut butter
9 c. oatmeal
2 tsp. vanilla

Stir together and drop on to wax paper in balls.

Peggy Peterson

Nutmeg Cake

½ c. butter
1⅓ c. sugar
3 eggs
2 c. flour, sifted
1 tsp. baking powder
1 tsp. soda
2 tsp. nutmeg
½ tsp. salt
1 c. buttermilk

Cream together butter and sugar till light and fluffy. Add eggs, one at a time, beating well after each addition. Sift together flour, baking powder, soda, nutmeg, and salt; add alternately to cream mixture with butter, beating well after each addition. Turn into greased and floured 13x9x2 inch baking pan. Bake in moderate oven at 375° for 25 minutes or until done.

Topping - combine:

¼ c. light cream
1 c. brown sugar

Bring to boiling. Pour over warm cake; top with ½ cup flaked coconut. Bake 5 minutes more.

Beulah Long

Buster Bar Dessert

½ pkg. Oreos, crushed (from a 1 lb. pkg.)
¼ c. margarine
1 qt. vanilla ice cream, softened
4 oz. peanuts
Hot fudge sauce

Melt margarine; combine with crushed Oreos. Press in bottom of 9x13 inch pan. Spread ice cream evenly over crumbs. Top with hot fudge and peanuts. Freeze until firm.

Cindy Lewis

Hot Fudge

1 c. powdered sugar
¾ c. evaporated milk
½ c. chocolate chips
½ c. margarine

Combine all ingredients. Heat until chips melt. Bring to boil; simmer 10 minutes. Cool completely.

Cindy Lewis

Mississippi Mud Cake

2 sticks butter, melt and cool
4 eggs, beat well, add to butter
2 c. granulated sugar
½ c. cocoa
¼ tsp. salt
1½ c. flour

No baking soda, baking powder, or milk. Pour into a greased pan, 9x13 inches. Sprinkle 1 cup chopped pecans on top. Bake 25 to 30 minutes in 350° oven. Remove from oven and spread one 7 ounce jar of Kraft marshmallow creme on hot cake.

Note: Have icing ready to spread on top of the marshmallow creme at once.

Icing:

1 box powdered sugar
½ c. evaporated milk
½ stick butter
⅓ c. cocoa
½ tsp. vanilla extract

Mix and spread on hot cake. Be sure you don't over bake the cake.

Karen Barker

Mother's (Bertha Hutchins) Corn Pudding

2 c. fresh corn (uncooked)
2 eggs
1½ Tbsp. butter
2 c. milk
1¾ tsp. salt

Bake 1¼ hours at 375°.

Pauline Haney

Lemon Chiffon Custard

3 Tbsp. butter
1 c. sugar
3 eggs
Pinch of salt
3 Tbsp. lemon juice
½ tsp. vanilla
5 Tbsp. flour
1 c. milk

Soften butter while working in sugar until creamed smooth. Separate eggs and beat yolks to a thick froth. Stir into batter along with salt, lemon juice, and vanilla. Gradually add flour and milk. Whip egg whites and fold into mixture. Bake in custard cups, placed in water in a 325° oven for 30 minutes or until golden brown. Serves 7 to 8.

Agnes Hargadine

Rice Pudding

½ c. uncooked rice
½ c. sugar
1 qt. milk
2 eggs
1 Tbsp. vanilla
Nutmeg
Dash of salt

Wash rice; place enough water in large pan to cover rice. Salt lightly. Cook on low heat until water is gone, stirring often. Remove from stove and add sugar and milk. Return to stove; simmer until rice is cooked, about 1 hour. Stir often. When done, remove from stove. Beat eggs slightly; pour small amount of rice mixture over eggs. Pour into remaining mixture; return to stove. Stir constantly for 3 minutes. Add vanilla, pour into bowl, and top with nutmeg. Refrigerate until cool. Mixture will be creamy.

Helen Bennett

Blueberry Pie

Make 2 graham cracker crusts as per cracker box directions. Cream 1 pound powdered sugar with 1 large package cream cheese and 1 teaspoon vanilla. Whip in another bowl 1 large box Dream Whip with 1 cup milk. Fold these two together and divide into the 2 crusts. Top with blueberry pie filling. Use one can filling for the 2 pies.

Mildred F. Stout

Sugar Cookies

4 c. flour
2 c. sugar
1 c. shortening
½ tsp. salt
1 tsp. vanilla or almond flavoring

Sift flour, sugar, and salt together. Cut in shortening. Hollow flour sugar mixture and add 3 well beaten eggs, vanilla, and 1 teaspoon soda dissolved in 1 tablespoon hot water. Mix well; roll out to desired thickness. Cut with cookie cutters. Bake at 400° for 8 to 10 minutes. Frost and decorate.

Bernie Linden

Oatmeal Sugar Cookies

1 c. white sugar
1 c. brown sugar
1 c. shortening
2 eggs
½ tsp. baking powder
1 tsp. baking soda
½ tsp. cinnamon
1 tsp. vanilla
3 c. oatmeal
1½ c. flour

Cream the sugars with shortening. Add eggs. Sift baking powder, baking soda, salt, and cinnamon with the flour. Combine sifted ingredients with creamed mixture. Stir in oatmeal and vanilla. Form dough into balls the size of walnuts; roll in granulated sugar. Bake in 350° oven on greased cookie sheets until cookies are browned. Makes approximately 52 cookies.

Helen Bennett

Waffle Cookies

2 sticks oleo
4 sq. chocolate or 7 tsp. cocoa
4 eggs
1½ c. sugar
2 c. flour
2 tsp. vanilla
Nuts if desired

Melt oleo and add chocolate, eggs, sugar, flour, vanilla, and nuts. Drop by spoonfuls on medium hot waffle iron. Don't let iron get too hot. Bake in less than 1 minute. Frost with powdered sugar frosting.

Mildred F. Stout

Cream Puffs

Melt ½ cup butter or oleo in 1 cup boiling water. When boiling, add 1 cup flour, all at once, and stir hard until smooth. Remove from fire, cool slightly, and add 4 unbeaten eggs, one at a time, beating until batter is smooth and between each addition. Drop by spoonfuls on baking sheet and bake at 400° until golden brown. Turn heat down to 200° and leave in oven for 30 to 40 minutes. This drying period is the secret to crispy shells.

Filling: Use your favorite cream filling mix or your own recipe. When cold, fold in 1 cup whipped cream or dessert topping. Roll shells in powdered sugar, split, and fill with filling. Always be sure to refrigerate; serve cold.

Violet Persons

Cherry Strudel Cake

1 box Betty Crocker white sour cream cake mix
1 c. sour cream
¼ c. water
3 eggs
¼ tsp. almond extract
¼ tsp. vanilla
1 can cherry pie filling

Mix all ingredients, except cherry pie filling. Pour in greased cake pan. Drop cherries all over cake mix. Bake at 350° for 25 to 30 minutes. Cool and glaze.

Helen O'Neil

Chocolate Cake

Mix all ingredients in one big bowl.

2 c. sugar
2¾ c. flour
1 tsp. baking powder
¼ tsp. salt
½ c. cocoa
¼ tsp. cinnamon, ground

Add:

1 c. oil
1 c. buttermilk
2 eggs
2 tsp. soda, mixed in hot water

Beat 2 minutes on low speed. Cook longer if cake is not done in middle. Bake at 350° for 40 minutes.

Margaret Taylor

Coffee Cake

3 c. flour
¾ c. shortening
2 c. sugar
½ tsp. cloves
½ tsp. nutmeg
½ tsp. cinnamon

Save ½ cup of the dry ingredients mixture for topping.

To remainder of dry ingredients, add:

2 c. buttermilk with 2 tsp. soda stirred in
½ c. nuts
¾ c. raisins

Pour in greased baking dish. Sprinkle with topping mixture you saved from dry ingredients. Bake at 350° for 40 minutes.

Lillian Hobble

Frosty Pumpkin Ice Cream Dessert

1 c. pumpkin
1 c. brown sugar
½ tsp. salt
½ tsp. cinnamon
¼ tsp. nutmeg
¼ tsp. ground cloves

Mix and add 1½ quart softened vanilla ice cream and 1 cup Cool Whip. Pour over crumb crust. Freeze overnight.

Alice Wilson

Crumb Crust

1¼ c. flour
½ c. brown sugar
Pinch of salt

Cut in ½ cup butter. Put in 13x9 inch pan. Bake at 400° for 10 minutes, stirring until brown.

Alice Wilson

Cranberry Sherbet

1 qt. cranberries
4 c. water
3 c. sugar
¼ c. lemon juice
1 c. orange juice

Pick over the berries and discard any stems or soft berries. Add water and cook over a moderate heat in a covered pan until the berries are very soft. Mash thoroughly or run through a sieve. Add the rest of the ingredients. Cool and freeze. Serve in glass or paper cups.

Alice Wilson

Favorite Coffee Cake

1 c. flour
¾ c. sugar
1½ tsp. baking powder
¼ tsp. salt
¼ c. shortening
½ c. sweet milk
1 egg, well beaten
1 tsp. vanilla

Sift dry ingredients together and cut in shortening. Add milk, egg, and vanilla. Beat well.

Filling:

½ c. brown sugar
2 Tbsp. flour
2 tsp. cinnamon
2 Tbsp. butter, melted
½ c. pecans, chopped

Mix well together the filling. Pour half of batter into 9 inch pan; add half of filling. Add second half of batter, topping with second half of filling. Bake at 375° for 30 to 35 minutes.

Ivan and Fay Partington

Fresh Peach Cake

¾ c. oil
1½ c. sugar
1⅓ c. peaches, mashed
2 eggs
1 tsp. soda
½ tsp. salt
1 tsp. cinnamon
2 c. flour

Sift together dry ingredients. Cream together first four ingredients. Add to flour mixture. Mix well. Put in greased 9x13 inch pan. Bake at 350° for 40 minutes.

Topping:

1 c. sugar
1 Tbsp. flour
1 stick oleo
⅔ c. Pet milk
2 egg yolks
½ c. nuts, chopped

Bring topping to a boil. Cook until thick, being careful it doesn't scorch. Cool and frost cake.

Ivan and Fay Partington

Tropical Cake

3 c. Brazil nuts
2 (7½ oz.) pkg. pitted dates
1 c. maraschino cherries
¾ c. sifted all-purpose flour
¾ c. sugar
1 tsp. baking powder
½ tsp. salt
3 eggs
1 tsp. vanilla

Heat oven to 300° (slow). Grease a loaf pan and line carefully with waxed paper. Use a large mixing bowl. Mix together the whole nuts, whole dates, and whole cherries (red and green mixed). Sift together the flour, sugar, salt, and baking powder. Sprinkle over the fruit-nut mixture and mix with the hands until all ingredients are well coated. Beat the eggs in a separate bowl until frothy, then add vanilla. Pour over the fruit-nut mixture, again mixing with the hands. Transfer batter to loaf pan and bake one hour and 45 minutes. Cool the cake before attempting to cut into slices.

Instructions for shelling Brazilian nuts: Cover with cold water, bring to a boil, and boil for three minutes. Drain and cover with cold water. Let stand for a short time, drain, and crack.

Anna Smith

Chocolate Sheet Cake

2 c. sugar
2 c. flour
½ c. buttermilk
¼ tsp. salt
1 stick oleo
½ c. shortening
1 tsp. cinnamon
1 tsp. soda
4 Tbsp. cocoa
1 c. cold water
1 tsp. vanilla
2 eggs

Sift flour and sugar together in a large bowl. Mix cocoa, oleo, shortening, and water in saucepan. Bring to boil. Pour over flour mixture and beat well. Add remaining ingredients and mix. Bake in floured cookie sheet (11x17 inches) at 375° for 20 minutes or until done. Five minutes before cake is done, prepare the icing and pour over hot cake. Icing sets quickly.

Icing:

5 Tbsp. milk
1 c. nuts
4 Tbsp. cocoa
1 tsp. vanilla
1 stick oleo
1 box powdered sugar

Place milk, cocoa, and oleo in pan. Bring to boil. Add vanilla, nuts, and sugar and beat. Pour over hot cake.

Valerie Sauders

Zucchini Brownies

2 c. grated zucchini
½ c. oil
2 tsp. vanilla
2 c. sugar
1 tsp. salt
1½ tsp. soda
¼ c. cocoa
2 c. flour
½ c. nuts

Grease and flour 9x12 inch pan. Cream zucchini, oil, vanilla, sugar, and salt. Add flour, soda, and cocoa. Stir and add nuts. Pour into a pan and bake 30 to 40 minutes at 350°. Frost with chocolate icing.

Valerie Sauders

Cake That Doesn't Last

3 c. flour
2 c. sugar
3 eggs
1 c. nuts
1 tsp. cinnamon
1 tsp. vanilla
1½ c. oil
1 tsp. soda
1 tsp. salt
2 c. mashed banana
1 (8 oz.) can crushed pineapple, drained

Mix dry ingredients. Make a well in the center. Add rest of ingredients. Stir together; do not beat. Pour into a greased and floured Bundt pan. Bake at 350° for 75 minutes.

Viola Schirer

Raw Apple Cake

To make cake, cream one cup sugar and one half cup butter. Add one egg and beat well. Add one teaspoon soda dissolved in one-half cup warm water. Sift together one and one-half cups flour with one teaspoon cinnamon and one teaspoon nutmeg and add with one cup chopped apple and one-half cup nuts. Bake in a moderate oven for an hour. Serve plain, with whipped cream, or with a topping made with one-half cup brown sugar, one tablespoon milk, and one tablespoon butter. Stir and spread on the cake. Replace in the oven for five minutes.

Anna Smith

Date Cake

1 pkg. pitted dates, cut fine
1 tsp. baking soda
1 c. boiling water
1 c. sugar
2 Tbsp. butter
1 egg
1 tsp. vanilla
2 c. bread flour, sift once, then measure
½ c. nut meats, cut fine
½ tsp. baking powder

Sprinkle baking soda over the dates, then pour boiling water over this and let stand. Cream sugar and butter 2 minutes at high speed. Add egg and beat 1 minute at medium speed. Add flour (sifted with baking powder) and date mixture alternately; work quickly and aid with rubber spatula, beating at medium speed, takes about 1¼ minutes. Add nut meats and vanilla and beat ¼ minute to blend, using medium speed. Bake 1 hour at 350° in a medium sized loaf pan.

Anna Smith

Pumpkin Pie Squares

½ c. oleo
½ c. quick oats
½ c. brown sugar
1 c. flour

Mix and press into ungreased 9x13 inch pan. Bake at 350° for 15 minutes.

Filling:

2 c. pumpkin
¾ c. white sugar
¼ tsp. cloves
2 eggs, beaten
1 large can canned milk
1 tsp. cinnamon
½ tsp. ginger

Combine and beat. Pour over crust and bake at 350° for 20 minutes.

Topping:

½ c. brown sugar
½ c. chopped pecans
2 Tbsp. oleo

Mix until crumbly. Sprinkle over filling. Bake until done. Cool and cut in squares. Top with Cool Whip.

Maxine Nielsen

Christmas Cookies

2 c. sugar
2 c. shortening
1 tsp. soda
Pinch of salt
1 Tbsp. corn syrup
3 eggs
5 c. sifted flour
1 c. chopped nuts
1 c. maraschino cherries, chopped
1 c. dates, chopped
2 tsp. vanilla

Cream shortening and sugar, then add all other ingredients, one at a time, and mix thoroughly with the hands. English walnuts or almonds may be used. When thoroughly mixed, make into three or four rolls according to size or cookies desired. Wrap rolls in waxed paper and store in refrigerator. When ready to bake, slice and place on greased cookie sheet. Bake at 375° about 12 to 15 minutes. These will keep for weeks, either before or after baking. Makes about 200 cookies.

Farafern Thornbury

No Roll Sugar Cookies

1 c. white sugar
1 c. butter (half shortening)
½ tsp. salt
2 c. flour
1 egg
½ tsp. soda
½ tsp. cream of tartar
2 tsp. vanilla

Preheat oven to 400°. Bake 8 to 10 minutes. Mix ingredients. Drop from teaspoonfuls onto ungreased baking sheet. Dip bottom of greased drinking glass in sugar and use to flatten cookies before baking. Makes 5 dozen.

Valerie Sauders

Fudge Nougats

1 c. sugar
¾ c. flour
½ c. butter
1 (15 oz.) can sweetened condensed milk
1 c. semi-sweet chocolate pieces
1 c. graham cracker crumbs
¾ c. walnuts
1 tsp. vanilla
1 c. mini marshmallows

Combine sugar, flour, butter, and condensed milk. Boil for 1 minute. Add remaining ingredients, except marshmallows. Mix well. Now, stir in marshmallows. Spread in pan. (You can add 1 cup chopped pecans for the walnuts. Add ¼ cup peanut butter with the chocolate chip pieces.)

Alice Wilson

Peanut Butter Cheesecake

1½ c. crushed pretzels
⅓ c. butter or margarine, melted

Filling:

5 (8 oz.) pkg. cream cheese, softened
1½ c. sugar
¾ c. creamy peanut butter
2 tsp. vanilla extract
3 eggs
1 c. peanut butter chips
1 c. semi-sweet chocolate chips

Topping:

1 c. (8 oz.) sour cream
3 Tbsp. creamy peanut butter
½ c. sugar
½ c. finely chopped unsalted peanuts

In a small bowl, combine pretzels and butter. Press onto the bottom and 1 inch up the sides of a greased 10 inch springform pan. Bake at 350° for 5 minutes. Cool on a wire rack. In a mixing bowl, beat cream cheese and sugar until smooth. Add peanut butter and vanilla; mix well. Add eggs; beat on low just until combined. Stir in chips. Pour over the crust. Bake at 350° for 50 to 55 minutes or until center is almost set. Cool on a wire rack for 15 minutes (leave the oven on).

Meanwhile, in a mixing bowl, combine sour cream, peanut butter, and sugar; spread over filling. Sprinkle with nuts. Return to the oven for 5 minutes. Cool on a wire rack for 10 minutes. Carefully run a knife around the edge of the pan to loosen; cool 1 hour longer. Refrigerate overnight. Remove sides of pan. Yield: 12 to 14 servings.

Miranda Reed

Lemon Bars

2 c. flour
½ c. powdered sugar
1 c. oleo, softened
2 c. sugar
¼ tsp. salt (optional)
4 Tbsp. flour
4 eggs, beaten
4 to 6 Tbsp. lemon juice
½ to 1 tsp. baking powder
1 tsp. grated lemon rind (optional)

Preheat oven to 325° to 350°. Cut together, as for pie crust, to softened oleo, 2 cups flour, and powdered sugar. Press in 9x13 inch pan and bake for 12 to 20 minutes. While this is cooling, beat together the remaining ingredients (eggs, sugar, lemon juice, salt, flour, and baking powder). Mix well and pour over warm crust and bake at 350° for 20 to 25 minutes or until light brown on top. Sprinkle with powdered sugar and cut into bars when cool.

Optional Glaze:

½ c. powdered sugar
1 Tbsp. lemon juice
1 Tbsp. melted butter

Blend.

Donna Batterton

Chocolate Delight

Crust:

1 c. flour
1 stick oleo
½ c. chopped nuts

1 c. powdered sugar
1 (8 oz.) cream cheese, softened
5 oz. container Cool Whip
2 small pkg. milk chocolate instant pudding mix
3 c. milk
5 oz. container Cool Whip
Nuts, chopped

Crust: Combine flour, oleo, and nuts until crumbly; pat into 8x10 inch pan. Bake 15 minutes at 300° and cool.

Combine powdered sugar and cream cheese and mix well; fold in 5 ounce container Cool Whip. Spread over crust. Mix together milk chocolate instant pudding mix and milk and pour over layer. When set, spread 5 ounce container Cool Whip over all and sprinkle with chopped nuts.

Donna Batterton

Chocolate Creme Oreo Cheesecake

Crust: 1 cup crushed chocolate creme Oreo chocolate sandwich cookies (about 13). Press cookie crumbs onto bottom of 9 inch springform pan.

Filling:

4 (8 oz.) pkg. Philadelphia cream cheese, softened
1 c. sugar
1 tsp. vanilla extract
1 (8 oz.) pkg. Baker's semi-sweet baking chocolate squares, melted, slightly cooled
4 eggs
20 chocolate creme Oreo chocolate sandwich cookies, quartered

Mix cream cheese, sugar, and vanilla with electric mixer on medium speed until well blended. Blend in melted chocolate. Add eggs, mixing on low speed just until blended. Gently stir in 1½ cups of the quartered cookies. Pour over crust. Sprinkle with remaining quartered cookies.

Bake at 325° for 1 hour and 5 minutes or until center is almost set if using a sliver springform pan, or 300° for dark pan. Run knife or metal spatula around rim of pan to loosen cake; cool before removing rim of pan. Refrigerate overnight. Garnish with thawed Cool Whip whipped topping, raspberries, and mint leaves. Optional on raspberries and mint leaves.

Susan Durham

Caramel Corn

8 quarts popped corn

Bring to boil:

2 c. brown sugar
1 c. oleo or butter
½ c. white syrup
1 tsp. salt
1 tsp. butter flavoring
1 tsp. burnt sugar
2 tsp. molasses

Remove from heat and add ½ teaspoon baking soda. Pour over corn in large pan; stir well, and bake at 250° for 1 hour. Cool; break apart. You may add salted peanuts. Stir in airtight container. Freezes well.

Anna Smith

Favorite Fruit Cobbler

¼ c. margarine
1 c. flour
1 c. sugar
2½ to 3 c. fresh, canned, or frozen fruit
2 tsp. baking powder
¾ c. milk
½ to ¾ c. sugar

Melt margarine in 9 inch square deep baking dish. Mix together flour, 1 cup sugar, baking powder, and milk. Pour over melted margarine; don't stir. Arrange fruit over batter, but don't stir. Sprinkle ½ to ¾ cup sugar over the fruit. Bake at 350° for about 1 hour or until golden. Serve warm.

Emma Stambaugh

Chocolate Sheet Cake

Sift together:

2 c. flour
2 c. sugar
½ tsp. salt

In saucepan, combine:

2 sticks butter
1 c. water
3 Tbsp. cocoa

Bring to a boil. Pour into flour mixture; mix well.

Add:

2 beaten eggs
1 tsp. baking soda
½ c. buttermilk
1 tsp. vanilla extract
1 tsp. cinnamon

Mix well. Pour into greased and floured 10½ x 15 x 1 inch pan. Bake 20 minutes at 350°. Frost immediately.

Frosting - mix in saucepan:

1 stick butter
3 Tbsp. cocoa
6 Tbsp. milk

Heat, but not to boil. Remove from heat and add 1 bag powdered sugar, ½ cup nuts, and 1 teaspoon vanilla extract. Beat and spread on cake.

Bernie Linden

Peanut Brittle

2 c. sugar
1 c. light corn syrup
½ c. hot water
1 tsp. salt

Combine and bring to a boil. Cook till it boils well and then add 2 cups raw peanuts. Cook to light amber and add 1 tablespoon butter and 1 teaspoon vanilla and cook to 300°. Remove from fire and add 1½ teaspoons baking soda. Pour into well buttered cooking tins.

Violet Parsons

Dutch Honey

1 c. white or dark syrup
1 c. light brown sugar
1 c. white sugar
1 c. cream

Mix and bring to a rolling boil. Add 1 teaspoon vanilla or maple flavoring. Serve on pancakes, waffles, toast, or makes a good sauce for ice cream.

Violet Parsons

Chocolate Cake

2 c. sugar
2½ c. flour
1 tsp. baking powder
¼ tsp. salt
¼ tsp. cinnamon
5 Tbsp. cocoa
1 c. oil
1 c. buttermilk
2 eggs
1 c. hot water (2 tsp. soda, dissolved in water)
2 tsp. vanilla

Mix dry ingredients together. Add oil, buttermilk, eggs, and hot water with soda. Beat 2 minutes on low speed. Add vanilla. Bake at 350° for 30 to 40 minutes or until done.

Margaret Taylor

Apple and Spice Cookies

2 sticks margarine
2 c. brown sugar
1 tsp. salt
½ tsp. cinnamon
½ tsp. ground cloves
2 eggs
2¼ c. flour
¾ tsp. soda
1½ c. quick oats
1 c. peeled and chopped apple (large apple)
½ c. nuts
1 c. seedless raisins

Preheat oven to 375°. Blend all ingredients thoroughly. Bake 10 to 15 minutes or until golden. Makes 4 dozen soft, chewy cookies.

Farafern Thornbury

Red Devil's Food Cake

½ c. shortening
2 c. sugar
2 eggs
1 c. sour milk
1 tsp. vanilla
2½ c. flour
⅔ c. cocoa
1 tsp. salt
2 tsp. soda
1 c. boiling water

Cream shortening and sugar; add eggs. Add dry ingredients alternately with sour milk. Add boiling water and vanilla. Bake in a 13x9 inch pan at 350° for 35 to 40 minutes.

Betty Gartrell

Chocolate Applesauce Cake

1½ c. sugar
½ c. shortening

Cream together. Add 2 eggs and continue beating.

Add:

2 c. flour
½ tsp. cinnamon
½ tsp. salt
1½ tsp. soda
3 Tbsp. cocoa
No. 303 size can applesauce or 2 c.

Beat well. Sprinkle batter with 2 tablespoons sugar, ½ cup chopped nuts, and ½ to 1 cup chocolate chips. Bake at 350° for 40 minutes or until top springs back when touched with finger. Use a 9x13 inch pan.

Viola Drake

Oatmeal Cookies

For diabetics

¼ c. soft oleo
1 tsp. vanilla
¾ c. milk
½ tsp. salt
1 c. quick oats
4 tsp. Sweet 10
1 egg
1 c. flour
½ c. raisins and/or nuts

Bake at 375° for 12 to 15 minutes.

Anna Smith

Applesauce Cake

1 pkg. spice cake mix (Duncan Hines)
½ c. water
1 c. applesauce
¼ tsp. soda
2 eggs
½ c. nuts

Bake in 350° oven.

Anna Smith

Aunt Sallie's Cocoa Drops

½ c. soft shortening (¼ c. Crisco, ¼ c. butter or oleo)
1 c. sugar
1 egg
¾ c. buttermilk
1 tsp. vanilla
1¾ c. sifted flour
½ tsp. soda
½ tsp. salt
½ c. cocoa
1 c. chopped nuts

Mix thoroughly shortening, sugar, and egg. Stir in buttermilk, vanilla. Sift dry ingredients together and stir. Add nuts and chill 1 hour or overnight. Heat oven to 400°. Drop with teaspoon on lightly greased cookie sheet. Bake 8 to 10 minutes. Cool. Frost with chocolate or other frosting.

Mary Nelle Dollar

Cranberry Mousse

1 c. cranberry juice
1 (3 oz.) box raspberry gelatin
1 (16 oz.) can jellied cranberry sauce
10 graham crackers, crushed
½ c. melted butter
2 Tbsp. sugar
2 c. Cool Whip

Heat cranberry juice to boiling. Stir in gelatin until dissolved. With a mixer, beat cranberry sauce in a large bowl for 1 minute at high speed. Stir gelatin mixture into cranberry sauce. Chill until thickened. In small bowl, combine graham cracker crumbs, butter, and sugar. Press into 8x8 inch pan. Gently fold whipped topping into gelatin mixture. Spoon over crust. Chill.

Samma Carter

Cowboy Cookies

1 c. butter or margarine
½ c. sugar
1½ c. brown sugar
2 eggs
2 c. flour
1 tsp. baking soda
1½ tsp. vanilla
2 c. rolled oats
1 c. flaked coconut
1 (12 oz.) pkg. chocolate chips

Cream butter and sugars. Add eggs and beat well. Mix in remaining ingredients. Drop by teaspoonfuls onto a greased cookie sheet and bake at 350° for about 15 minutes.

Bernie Linden

Oatmeal Chippers

½ c. margarine
½ c. shortening
1 c. white sugar
1 c. brown sugar
2 eggs
1 tsp. vanilla
2 c. oatmeal
2 c. flour
1 tsp. baking soda
1 tsp. salt
1 tsp. cinnamon
1 tsp. nutmeg
1 c. chocolate chips

Cream together margarine, shortening, and sugars. Add eggs and vanilla and mix well. Combine dry ingredients and add to mixture. Stir in chocolate chips. Bake at 375° for 10 to 12 minutes.

Emma Stambaugh

Mother's Cake - Tried and True

Light oven; get out bowl, spoon, and ingredients. Grease pan; crack nuts. Remove 18 blocks and 7 toy autos from kitchen table. Measure 2 cups flour. Remove Junior's hands from flour. Wash flour off of him. Measure out more cups of flour to replace flour on floor. Put flour, baking powder, and salt in sifter. Get dustpan and brush up pieces of bowl which Junior knocked on floor. Get another bowl. Answer doorbell.

Return to kitchen. Remove Junior's hands from bowl. Wash Junior. Get out egg. Answer telephone. Return. Take out greased pan. Remove ¼ inch salt from pan. Look for Junior. Get another pan; grease it. Answer telephone. Return to kitchen and find Junior. Remove his hands from bowl. Wash shortening, etc. off him. Take up greased pan and find ¼ inch nutshells in it. Head for Junior, who flies, knocking bowl off table. Wash kitchen floor. Wash table. Wash walls. Wash dishes. Call the baker and order cake. Lie down!

Brenda Oliphant

Rice Pudding

¾ c. rice (dry, not Minute)
3 eggs, beaten slightly
3 c. milk
½ tsp. vanilla
½ c. evaporated milk
1 dash of salt
¾ c. sugar

Cook rice 20 minutes in plenty of water with 1 teaspoon salt. Drain. While the rice is cooking, mix together the other ingredients. Add rice to this and put in a round casserole dish. Set dish in a pan of water. Bake, uncovered, for 1 hour at 350°.

Marjorie Ford

Date Pudding

2¼ c. hot water
2¼ c. brown sugar

Boil and add 1 teaspoon vanilla. Put in well greased baking pan and set aside to cool.

Batter:

1½ c. white sugar
1½ c. milk
1½ c. flour
1½ c. chopped dates
1½ c. chopped nuts
Pinch of salt
2 tsp. baking powder
1 tsp. vanilla

Mix like cake and pour carefully in center of pan. Bake in moderate oven.

Samma Carter

Peaches and Cream Pie

6 peaches
1 (9 inch) unbaked pie shell
½ c. sugar
¼ c. flour
½ tsp. cinnamon
1¼ c. sour cream
2 Tbsp. sugar
½ tsp. cinnamon

Peel peaches and cut in half. Place, cut side up, in pie shell. Combine ½ cup sugar, flour, and ½ teaspoon cinnamon. Sprinkle evenly over peaches. Spread sour cream over top. Combine 2 tablespoons sugar and ½ teaspoon cinnamon. Sprinkle over sour cream. Bake at 450° for 10 minutes. Lower heat to 350° and bake 30 minutes.

Liscia Lawrence

Chocolate-Brownie Pie

½ (10 to 11 oz.) pkg. pie crust mix
4 Tbsp. butter or margarine (½ stick)
2 sq. unsweetened chocolate
½ c. sugar
½ c. milk
½ c. all-purpose flour
2 Tbsp. corn syrup
1 tsp. vanilla extract
½ tsp. salt
3 eggs
1 (4 oz.) pkg. walnuts
1 pt. vanilla ice cream (optional)

Preheat oven to 350°. In heavy 2 quart saucepan over low heat, melt butter or margarine and chocolate, stirring occasionally. Remove saucepan from heat. With wire whisk, beat in sugar, milk, flour, corn syrup, vanilla, salt, and eggs until blended. Stir in walnuts.

Pour chocolate mixture into pie crust. Bake pie 30 minutes or until filling is set and puffed. Cool pie slightly on wire rack; serve warm or cool completely to serve later. If you like, serve pie with ice cream.

Cindy Renollet

Double Layer Pumpkin Pie

1½ c. graham cracker crumbs
4 Tbsp. reduced-fat margarine
4 oz. reduced-fat cream cheese (Neufchatel)
2 Tbsp. skim milk
2 packets artificial sweetener (Equal or aspartame)
1 (8 oz.) tube lite frozen whipped topping, thawed
1 c. skim milk
2 boxes sugar-free instant vanilla pudding (4 serving size)
1 (15 oz.) can pumpkin (not pie mix)
1 tsp. cinnamon
½ tsp. ginger
¼ tsp. ground cloves (or use 1½ tsp. pumpkin pie spice in place of cinnamon, ginger, and cloves)

Take out:

2 pie pans or 12x15 inch pan
Fork for mixing
2 mixing bowls
Measuring cups
Measuring spoons
Electric mixer or wire whisk
Rubber scraper

Mix graham cracker crumbs and reduced-fat margarine with fork until well blended. Press into bottom of two 9 inch pie pans or one 15x22 inch pan. Bake for 5 to 7 minutes at 350°. Cool while mixing next layer.

Beat softened reduced-fat cream cheese until very smooth. Beat in 2 tablespoons skim milk and the artificial sweetener. Carefully stir in half of the carton of thawed reduced-calorie frozen whipped topping. Spread on cooled graham cracker crust. Place in refrigerator while mixing next layer.

Pour skim milk into chilled bowl. Sprinkle both boxes of pudding mix on milk. Beat with wire whisk or mixer on low speed for 1 to 2 minutes. Mixture will be very thick. Stir in pumpkin and spices. Fold in remaining half carton of frozen whipped topping. Spread on cream cheese layer.

Chill for at least 1 hour. May be made the night before serving. The dessert can be garnished with additional whipped topping, toasted nuts, or slices of strawberry, if desired. Cut into 16 (32) pieces for serving. Refrigerate unused portions.

Donna Batterton

Early American Pear Pie

¾ c. sugar
2 Tbsp. flour
½ tsp. nutmeg
½ tsp. cinnamon
6 c. peeled pears, cut thin
Pastry for 2 crust 9 inch pie
2 Tbsp. butter

Mix first 4 ingredients; add pears and mix lightly. Line pie pan with half of pastry. Add filling and dot with butter. Adjust top crust. Bake in hot oven at 425° about 50 minutes. Serve warm or cold.

Betty Gartrell

Strawberry Pie

2 pt. strawberries, wash, stem, and drain dry
1 c. sugar
1 c. water
½ tsp. red food coloring
3 Tbsp. cornstarch, blended in ¼ c. cold water
2 tsp. lemon juice
One pie shell

Serve with whipped topping or vanilla ice cream. Bake and cook pie shell. Select one cup of the least perfect strawberries and use them for the glaze. Put this cup of strawberries in a blender with one cup of sugar, one cup of water, and food coloring. After blending, bring the mixture to a boil in a saucepan. Add the cornstarch-water mixture. Cook and stir until thickened (2 to 3 minutes). Add lemon juice. Cool. Arrange strawberries in cooled shell, with stem side down. Pour cooled glaze over the berries and chill in refrigerator several hours.

Pauline Haney

Lazy Chocolate Peanut Pie

1½ c. cold milk
¼ c. creamy peanut butter
1 pkg. chocolate instant pudding
2 c. whipped topping
⅓ c. peanuts
1 baked 9 inch pie shell or graham cracker crust

Gradually blend milk into peanut butter in small mixer bowl, beating until smooth. Blend in pie filling mix and beat until blended and smooth (1 to 2 minutes). Fold in whipped topping and nuts. Spoon into pie shell. Freeze 1 hour or chill 3 hours before serving. Garnish with additional whipped topping and peanut halves or chopped peanuts, if desired.

Pauline Haney

Orange Cake

½ c. sugar
Juice of 1 orange

Mix; set aside. Grind 1 orange peeling with 1 cup raisins.

½ c. shortening
1 c. sugar
2 eggs
1 c. sour milk
2 c. flour
1 tsp. soda
¼ tsp. salt
1 tsp. vanilla

Add raisins and orange rind. Bake at 375° for 35 minutes. Pour orange juice and sugar over cake while still hot.

Anna Smith

Sugarless Pie

9 inch unbaked pie shell
2 beaten eggs
1½ c. unsweetened applesauce
½ c. skim milk
2 Tbsp. sweetener
1 tsp. lemon juice
¼ tsp. nutmeg

Mix ingredients and pour into pie shell. Bake at 400° until knife comes out clean or 1 hour.

Pat Hauschild

Grandmother's Cherry Cobbler

1 c. sifted flour
2 tsp. baking powder
⅛ tsp. salt
¼ c. butter
1 c. sugar
½ c. milk
1 can pitted sour cherries

Sift flour, powder, and salt. Cream butter and ½ cup sugar until fluffy. Add dry ingredients and milk; beat until smooth. Place batter into 1½ quart baking dish (greased). Place drained cherries on top, and remaining sugar. Add water to cherry juice to make 1 cup and pour over all. Bake 45 minutes in preheated oven at 350°. As the cobbler bakes, the crust will come to the top and turn light brown. Serve plain or with whipped topping.

Pat Hauschild

Miracle Whip Cake

2 c. flour
1 c. sugar
4 Tbsp. cocoa
1½ tsp. baking powder
½ tsp. soda
1 tsp. vanilla

Stir together, then add 1 cup Miracle Whip and 1 cup cold water. Bake at 350° for 20 to 30 minutes.

Margaret Mogart

Mocha Cake

1 c. sugar
½ c. butter
½ c. strong coffee
1¾ c. flour
¼ tsp. salt
2 tsp. baking powder
Whites of 3 eggs
1 tsp. vanilla
1 c. nuts

Bake at 350° for 25 to 30 minutes.

Icing:

2 Tbsp. melted butter
2 Tbsp. cold coffee
Powdered sugar to make desired consistency

Spread on cake.

Margaret Morgart

Easy Chocolate Cake

2 c. flour
2 c. sugar
6 Tbsp. cocoa
2 tsp. soda
1 tsp. salt

Stir together, make hole in center, and add the liquid ingredients.

¾ c. oil
2 c. cold water
2 Tbsp. vinegar
2 tsp. vanilla

Bake in greased and floured 9x13 inch pan at 350° for 25 to 30 minutes.

Frosting:

3 oz. cream cheese, softened
¼ c. shortening
3½ c. powdered sugar, sifted
⅛ c. boiling water
⅛ tsp. almond extract

Mix together and spread on cooled cake.

Marjorie Ford

15 Minute Cookies

2 c. sugar
½ c. milk
¼ c. baking cocoa
½ c. (1 stick) butter

Put into pan. Bring to a boil. Boil 1 minute. Take off stove.

Add:

3 c. oats
½ c. peanut butter
1 tsp. vanilla

Drop by tablespoon on wax paper.

Bonne Belote

No Bake Cookies

2 c. sugar
¼ c. cocoa
½ c. milk
¼ c. oleo (stick)
Pinch of salt
1 tsp. vanilla
½ c. peanut butter
3 c. quick oats

Mix well first 5 ingredients. Bring to a rolling boil. Boil 1 minute only. Remove from heat and add vanilla, peanut butter, and oats. Spoon onto wax paper and cool.

Thelma Monroe

Peanut Butter Rice Krispie Squares

¾ c. sugar
¾ c. white syrup
1 lb. peanut butter
½ box (10 oz.) Rice Krispies

Bring sugar and syrup to a boil. Add peanut butter and mix. Add Rice Krispies and mix. Press in pan. Cut into squares.

Thelma Monroe

Ginger Cookies

¾ c. shortening
1 c. sugar
4 Tbsp. molasses
1 egg
2 c. flour
2 tsp. soda
1 tsp. cinnamon
1 tsp. cloves
1 tsp. ginger

Cream shortening and add sugar, creaming until well blended. Add molasses and egg; beat well. Sift dry ingredients and add to creamed mixture. Roll into small balls and drop about 2 inches apart on cookie sheet. Bake at 350° for 15 to 18 minutes. Makes 4 dozen.

Margaret Morgart

Oatmeal Cookies

Mix together:

½ c. shortening
½ c. brown sugar
1½ Tbsp. molasses
½ tsp. salt
½ c. nuts
½ c. sugar
1 egg
1 tsp. baking powder
1½ c. oatmeal
⅞ c. flour

Mix together and drop with spoon on cookie sheet. Bake at 350° for 12 to 15 minutes.

Margaret Morgart

Cocoa Fudge

⅔ c. cocoa
3 c. sugar
⅛ tsp. salt
1½ c. milk
¼ c. butter
1 tsp. vanilla

Combine cocoa, sugar, and salt in a large 3 quart saucepan. Add milk gradually. Mix thoroughly; bring mixture to a boil (bubbly boil) on high heat, stirring continuously. Test for doneness by dropping drops of fudge in glass of cold water; if the fudge stays in form to the bottom of the glass, remove saucepan from the heat. Add butter and vanilla. Do not stir. Set saucepan in cold water to hasten cooling. Beat by hand or with electric mixer until fudge loses its gloss (8 to 10 minutes). Quickly pour and spread fudge in a lightly greased pan. Cool and cut into squares.

Pat Hauschild

Martha Stewart's Banana Cream Pie

5 eggs
5 yolks
½ c. sugar
3 Tbsp. cornstarch
¼ tsp. salt
2½ c. milk
½ stick butter, cut up

Mix 5 yolks, sugar, salt, and cornstarch well in large saucepan. To the mixture, add ½ cup of milk at a time; cook over medium heat for 1 minute. Add butter and 1 teaspoon vanilla. Mix well. Strain. Cut up bananas in bottom of crust. Add cream mix. With a pastry tube, put zig-zags across the top.

Brenda Oliphant

Coco-Macaroon Cake

1 box chocolate cake mix
¾ c. salad oil
1 tsp. vanilla
1 box instant chocolate pudding
4 eggs, separate the white from 1 egg

Beat together for 5 minutes. Pour half the mix in angel food pan. Beat 1 egg white until it forms a soft peak. Add ½ cup sugar. Fold in 1 cup coconut. Pour on top of batter in pan. Add rest of batter. Bake in 325° oven for 45 to 60 minutes.

Topping:

1 stick margarine
6 Tbsp. milk
4 Tbsp. cocoa

Bring to boil. Add 1 pound powdered sugar, 1 cup nuts, and 1 cup coconut. Spread on top of cake.

Brenda Oliphant

Panocha Nut Roll

Combine:

2 c. white sugar
1 c. brown sugar
½ c. white corn syrup
1 c. evaporated milk

Cook, stirring, until sugar is dissolved to soft ball stage (236°). Cool at room temperature, without stirring, to lukewarm. Beat mixture till it holds its shape; knead till mixture is firm, keeping your hands well greased. Shape into 2 (1½ inch) rolls. Roll on a lightly greased board, or a cookie sheet, greased. Roll in ½ cup chopped pecans. Press nuts meats firmly into candy. Wrap in waxed paper. Chill in refrigerator. Slice into ½ inch thick slices.

Margaret Morgart

Applesauce Cake

1 c. sugar
½ c. butter
1 egg
1 can applesauce
2 tsp. soda in ¼ c. hot water
2 c. flour
1 tsp. cinnamon
½ tsp. cloves
⅛ tsp. salt
2 tsp. cocoa
1 tsp. vanilla

Cream butter, sugar, and egg. Add sauce and soda. Add dry ingredients and vanilla. Stir well. Pour into 9x9 inch pan. Bake at 350° for 40 to 45 minutes.

Caramel Topping:

¼ c. butter
¼ c. evaporated milk
½ c. sugar
½ c. brown sugar

Boil all ingredients until sugars are melted. Serve hot over cake.

Miranda Reed

Seven Layer Bar Cookie

1 cube butter, melted in 9x13 inch pan
Crush 1 c. graham cracker crumbs
1 small pkg. chocolate chips
1 c. flaked coconut
1 small pkg. butterscotch bits
1 can Eagle Brand milk, pour over all
½ c. nuts, sprinkle over all

Bake at 350° for 25 to 30 minutes.

Brenda Oliphant

Cocoa Cola Cake

Mix:

1½ c. sugar
2 c. flour
1½ c. miniature marshmallows

Boil:

½ c. margarine (1 stick)
½ c. shortening
3 Tbsp. cocoa
1 c. Coca-Cola

Pour over dry ingredients and stir until marshmallows are almost melted.

Add:

½ c. buttermilk
2 eggs, beaten
1 tsp. soda

Mix well, but do not beat. Pour in well greased and floured pans. Bake at 350° for 35 to 40 minutes.

Brenda Oliphant

Applesauce Cake or Fruit Cake

1½ c. applesauce
1 c. sugar
½ c. butter
1 c. raisins
½ c. dates
½ c. currants
½ c. candied pineapple
½ c. candied cherries
1 tsp. cinnamon
½ tsp. cloves
½ tsp. nutmeg
½ tsp. salt
1½ c. nuts
3 c. flour
2 tsp. soda

Use sweetened applesauce. Add to creamed butter and sugar. Cut fruit and mix with 1 cup flour. Mix other ingredients into remaining flour. Mix altogether and bake slowly. Is especially good with old fashioned walnuts. This cake will keep fresh for quite some time.

Anna Smith

Cherries in the Snow

Crust - in a 9x13 inch pan, mix well:

1½ c. flour
2 Tbsp. sugar
1½ sticks butter
1 c. chopped pecans

Press into pan. Bake 20 minutes at 300°. Cool.

Filling - cream together:

1 (8 oz.) pkg. cream cheese
2 c. powdered sugar
1 large tub Cool Whip

Spread on top of crust. Add 1 can cherry pie filling. Spread on top. Chill. You can also use blueberry pie filling. You can also use an already graham cracker pie crust. For Cherries in the Mud, use the chocolate graham cracker crust.

Brenda Oliphant

Cherry-Chocolate Cake

1 box chocolate cake mix
1 or 2 cans cherry pie filling
1 large tub Cool Whip

Mix and bake cake as directed. Cool. Add cherry pie filling to the top of cake. Spread Cool Whip on top.

Brenda Oliphant

Cheesy Pie Filling Salad

3 c. hot water
2 pkg. (3 oz.) cherry Jell-O
1 can cherry pie filling
1 (3 oz.) pkg. cream cheese
20 large marshmallows
1 pkg. Dream Whip

Dissolve Jell-O in 9 cups hot water; add can of pie mix. Pour into large pan (9x13 inches). Refrigerate until firm. Melt cream cheese and marshmallows over hot water. Cool. Whip Dream Whip according to package directions, add to cream cheese, and spread over Jell-O. Sprinkle ⅓ to ½ cup chopped nuts on top. Refrigerate to set up good.

Donna Batterton

Blueberry Dessert

20 graham crackers
½ c. sugar
½ c. butter
1 large pkg. cream cheese
2 eggs
1 tsp. vanilla
1 c. sugar
1 can blueberry pie filling
1 tsp. lemon juice

Crush graham crackers into fine crumbs. Add ½ cup sugar, butter and blend well. Pack evenly into bottom of 9x13 inch baking dish. Beat cream cheese. Add eggs, vanilla, and 1 cup sugar. Beat until fluffy. Spread on top of cracker mixture. Bake at 375° for 20 minutes. In another pan, combine pie filling and lemon juice. Heat to a simmer, then cool. Spread on top of baked mixture.

Donna Batterton

Cream Puffs

1 c. water
½ c. butter
1 c. sifted all-purpose flour
4 eggs

Preheat oven to 400°. Heat water and butter to boiling in saucepan. Stir in flour and continue stirring until mixture leaves the sides of the pan and forms a ball (about 1 minute). Remove from heat. Cool. Beat in the eggs, one at a time, beating until smooth and velvety. Drop from spoon onto ungreased baking sheet forming 8 to 12 mounds 3 inches apart. Bake 45 to 50 minutes until puffed, golden brown, and dry. Allow to cool slowly, away from drafts. When cool, cut off tops with sharp knife. Scoop/pull out any filaments of soft dough. Fill with your favorite filling. Replace tops. Dust with confectioners sugar. Serve cold.

Note: Mini cream puffs can also be made.

Easy Filling: Prepare large box of instant vanilla pudding according to the directions. Fold in large carton of Cool Whip until blended well. Makes a light fluffy filling for 12 or so cream puffs.

Carol Jean Brownlee

Mamie Eisenhower's Million Dollar Fudge Recipe

4½ c. sugar
1 (12 oz.) can evaporated milk
¼ lb. (one stick) margarine
18 oz. semi-sweet chocolate chips
1 pt. marshmallow creme
2 c. chopped walnuts

Boil sugar, milk, and margarine for seven minutes, stirring continuously, to avoid scorching. Pour syrup into large bowl over chocolate chips and marshmallow creme. Beat until chocolate is melted, then add nuts. Pour into 13x9 inch pan and let harden in the refrigerator.

Carol Jean Brownlee

White Christmas Pie

Filling for 9 inch pie:

1 Tbsp. Knox gelatin
¼ c. cold water
½ c. sugar
4 Tbsp. all-purpose flour
½ tsp. salt
1½ c. milk
½ c. whipping cream
3 egg whites (⅜ c.)
¼ tsp. cream of tartar
½ c. sugar
¾ tsp. vanilla
¼ tsp. almond extract
1 c. moist shredded coconut

For 8 inch pie:

2 tsp. Knox gelatin
3 Tbsp. cold water
6 Tbsp. sugar
3 Tbsp. all-purpose flour
⅓ tsp. salt
1⅛ c. milk
⅓ c. whipping cream
2 large egg whites
¼ tsp. cream of tartar
6 Tbsp. sugar
½ tsp. vanilla
¼ tsp. almond extract
¾ c. moist shredded coconut

More coconut for garnish - candies as desired. Make and bake pastry shell for pie size of your choice. Soften gelatin in cold water. Mix together in saucepan the sugar, flour, and salt. Stir the milk in gradually and cook over low heat, stirring until the mixture boils. Boil 1 minute, then remove from heat. Stir in softened gelatin. While waiting for this mixture to cool, pour whipping cream into small mixing bowl and beat until stiff. In separate bowl, beat egg whites and cream of tartar until frothy. Gradually beat in sugar, a little at a time, until the peaks are stiff and glossy. When cooked, mix is cool and partially set, beat with rotary beater or electric mixer until smooth. Blend in vanilla and almond extracts. Gently fold in whipped whipping cream, then the whipped egg whites, followed by the shredded coconut. Pile into cooled pie shell. Sprinkle with more moist shredded coconut. Chill until set (about 2 hours). Serve cold and keep cold because of the raw egg whites, although you may wish to remove the pie from the refrigerator 20 minutes or so before serving. (Refrigerate leftovers if there are any!)

Carol Jean Brownlee

Microwave Peanut Brittle

Combine ingredients below in microwave-safe dish and cook 8 minutes on HIGH, stirring twice. (Watch carefully - your microwave may be more powerful than mine and need less cooking time.)

1 c. granulated sugar
1 c. raw peanuts
½ c. corn syrup
Pinch of salt

Add:

1 tsp. butter
1 tsp. vanilla

Stir and cook two minutes more on HIGH. Add 1 teaspoon vanilla. Stir fast and spread on well-buttered cookie sheet. When cold, break into pieces and store in tight container.

Carol Jean Brownlee

Peanut Butter Candy Fudge

3 c. sugar
⅛ tsp. salt
1 c. milk
2 Tbsp. butter
1 c. peanut butter
1 tsp. vanilla

Combine sugar, salt, and milk in a 2 quart saucepan. Bring to a quick boil, stirring only until sugar is dissolved. Boil, without stirring, until mixture reaches soft ball stage (234°) on candy thermometer. Remove from heat and add butter, peanut butter, and vanilla. Mix thoroughly. Pour into a buttered 8 inch square pan.

Myrna Kuffler

Peanut Butter Sensations

½ c. butter flavor Crisco
1 c. Jif peanut butter
¾ c. granulated sugar
½ c. brown sugar
1 tsp. vanilla
1 egg
1 Tbsp. milk
1¼ c. flour
¾ tsp. soda
½ tsp. baking powder
¼ tsp. salt

Heat oven to 375°. Cream Crisco, peanut butter, sugars, and vanilla in a large bowl at medium speed of mixer for one minutes. Add egg and milk. Beat until well blended. Combine flour, baking soda, baking powder, and salt. Add to creamed mixture and mix well. Drop rounded tablespoon of dough on ungreased baking sheet. Flatten in crisscross pattern with fork dipped in sugar. Bake at 375° for 8 to 10 minutes. Cool 2 minutes on baking sheet. Remove to cooling rack. Makes about 2 dozen cookies.

Myrna Kuffler

Chocolate Ribbon Pie

4 oz. cream cheese, softened
2 Tbsp. sugar
1 Tbsp. milk
8 oz. Cool Whip, divide in half
1 chocolate crust
2 c. milk
2 (4 oz.) chocolate instant pudding

Beat cream cheese, sugar, and milk in bowl. Gently stir in Cool Whip. Spread on bottom of crust. Pour 2 cups milk in bowl; add pudding mixes. Beat with wire whisk 2 minutes. Pour over cream cheese. Chill. Spread Cool Whip over the top; garnish with shaved chocolate.

Boyd Loutzenhiser

Earthquake Cake

1 c. nuts
1 c. coconut

Line bottom of 9x13 inch pan. Put 1 box German chocolate cake mix prepared over first mixture.

Mix:

1 lb. powdered sugar
1 tsp. oleo
1 tsp. vanilla
1 (8 oz.) pkg. cream cheese

Drop this mixture in globs on top of cake mixture. Bake 1 hour at 350°.

Helen Davis

Double Peanut Pie

½ (10 to 11 oz.) pkg. pie crust mix
3 eggs
1 c. dark corn syrup
½ c. creamy peanut butter
½ c. sugar
½ tsp. vanilla extract
1 c. salted peanuts
Whipped cream for garnish

Preheat oven to 350°. In large bowl, with mixer at medium speed, beat eggs with corn syrup, sugar, peanut butter, and vanilla until smooth; stir in peanuts. Place pie plate on oven rack; pour peanut mixture into pie crust. Bake pie 55 to 60 minutes until knife inserted 1 inch from edge of pie comes out clean. Cool on rack. Garnish with whipped cream.

Cindy Renollet

Skor (Candy Bar) Cake

1 yellow cake mix without pudding
1 large box chocolate instant pudding
2 eggs
2 c. water

Mix well. Pour into greased 9x13 inch pan. Bake at 350° for about 45 minutes (or until toothpick comes out clean). Cool thoroughly.

Icing:

¼ c. melted butter (not hot)
2 egg yolks
1 c. powdered sugar
8 oz. Cool Whip

Mix first 3 ingredients well. Fold in Cool Whip. Crush 5 Skor candy bars and mix in. Keep refrigerated.

Sadie Goodwin

Pumpkin Dessert

Make a graham cracker (or any favorite) crust and line pie pan or square cake pan.

¼ c. brown sugar
¾ c. pumpkin
½ tsp. cinnamon
¼ tsp. nutmeg
¼ tsp. ginger
¼ tsp. cloves
¼ tsp. salt

Combine above and bring to a boil, stirring constantly. Cool. When cool, combine (using beater) with one quart butter brickle (or butter pecan or some other similar flavor) ice cream (softened) and ⅓ cup nuts (optional). Freeze.

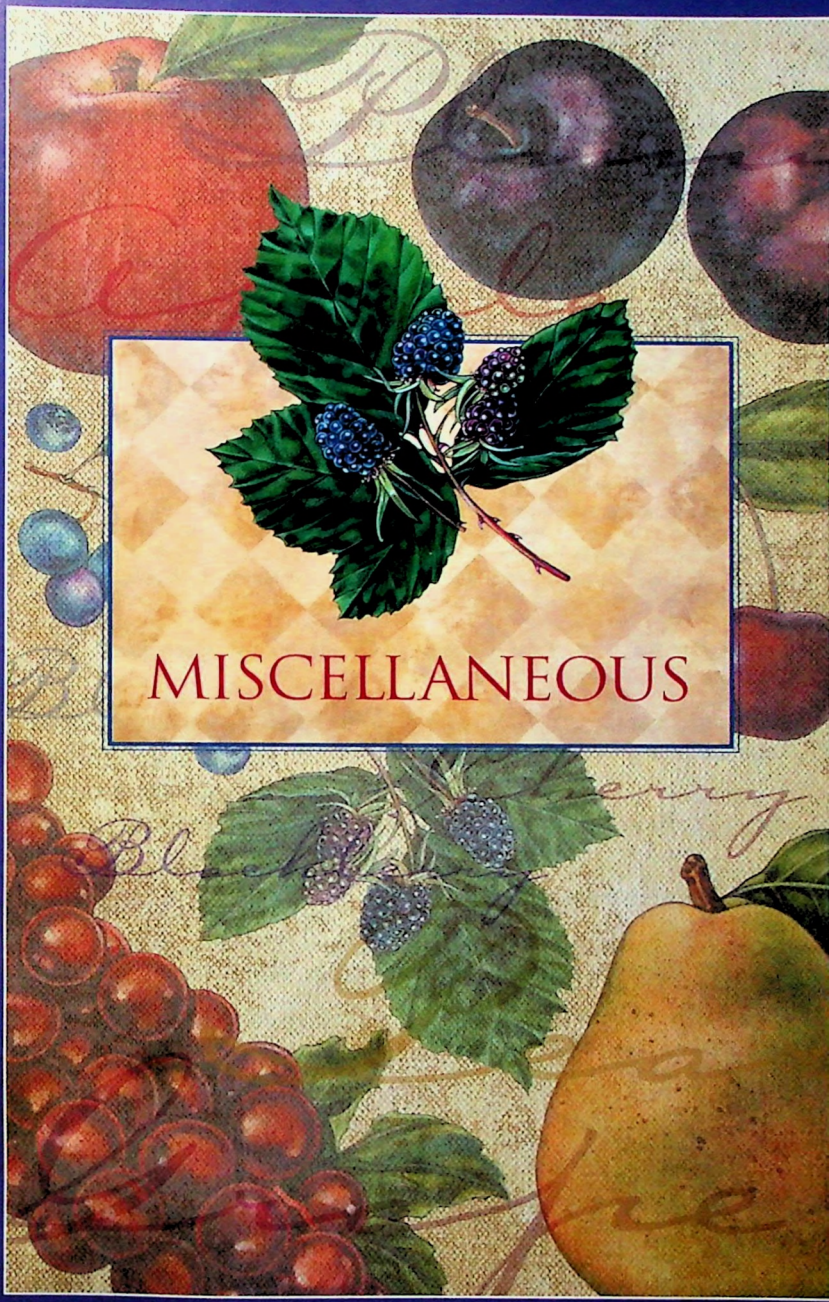
Judi Gannon

Butterfinger Ice Cream

2 c. sweetened condensed milk
¾ c. smooth peanut butter
6 c. whole milk
1 pt. heavy whipping cream
6 (2.1 oz.) large Butterfinger candy bars

Stir condensed milk and peanut butter together until smooth. Mash candy bar until mixture is crumb consistency. Add milk and whipping cream. Pour into freezer. If not to fill line, add more milk. Freeze according to directions. Makes 6 quarts.

Rosie Cruth



MISCELLANEOUS

TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	DEGREES	COLD WATER
Fondant, Fudge	234 - 238°	Soft Ball
Divinity, Caramels	245 - 248°	Firm Ball
Taffy	265 - 270°	Hard Ball
Butterscotch	275 - 280°	Light Crack
Peanut Brittle	285 - 290°	Hard Crack
Caramelized Sugar	310 - 321°	Caramelized

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about ½ teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the SOFT BALL TEST the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the FIRM BALL TEST the candy will roll into a firm, but not hard ball. It will flatten out a few minutes after being removed from the water.

In the HARD BALL TEST the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the LIGHT CRACK TEST the candy will form brittle threads which will soften on removal from the water.

In the HARD CRACK TEST the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In CARAMELIZING the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

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Miscellaneous

Play Dough

1 c. flour
1 c. water
½ c. salt
2 tsp. cream of tartar
1 Tbsp. cooking oil
Food coloring (if desired)

Mix all ingredients in a saucepan. Cook over medium heat, stirring constantly, until mixture balls up and pulls away from sides of pan. It will change from sticky to dough in 2 or 3 minutes. Knead and store in an airtight container. Keep in the refrigerator.

Cynthia Morton

Simple and Easy Hot Sauce

2 to 5 jalapeno peppers
3 or more fresh tomatoes
Salt
Garlic powder

Boil peppers and tomatoes for 20 to 30 minutes. Peel skins off the tomatoes; mash peppers and tomatoes in bowl. Add salt and garlic to taste.

Teresa Vazquez

Taco Sauce

1 gal. plus 1 pt. tomato puree
1 small onion
1 green pepper
1 Tbsp. sugar
1 Tbsp. salt
⅔ (2.25 oz.) jar Mexican seasonings
⅓ (8 oz.) jar Paramount hot pickled peppers

Prepare 1 gallon tomato puree (cook a batch of tomatoes and let watery juice run off before pressing pulp through a sieve). Combine in a blender 1 pint puree, onion, pepper, sugar, salt, Mexican seasoning, and pickled peppers. Add to 1 gallon puree and heat. Seal in clean, hot jars. Makes 9 pints.

Pat Hauschild

Barbeque Sauce

1 c. catsup
¼ c. lemon juice
1 c. brown sugar
1 Tbsp. soy sauce
1 Tbsp. horseradish mustard
1 Tbsp. grated onion
1½ tsp. salt
½ tsp. pepper
¼ tsp. oregano
¼ tsp. Tabasco sauce
¼ tsp. cayenne pepper
Garlic

Mix; simmer in a saucepan.

Pat Hauschild

Spaghetti Sauce

4 qt. tomatoes, quartered
4 large onions, diced
4 tsp. garlic salt
4 small cans tomato paste
1 can tomato puree
4 medium peppers, diced
4 tsp. salt
2 tsp. pepper
2 tsp. onion salt
4 to 5 tsp. chili powder
½ c. sugar
6 Tbsp. fat

Heat onions and peppers in 6 tablespoons fat until color changes. Add tomatoes and simmer 1½ hours. Put through a sieve. Add paste, puree, and garlic salt. Add sugar, salt, pepper, and chili powder. Simmer 2 hours. Put in hot jars and seal. Makes 7 pints.

Pat Hauschild

Pineapple-Cheese Sauce for Ham

1 can pineapple chunks
1 c. sharp Cheddar cheese, grated
½ c. sugar
2 Tbsp. flour or cornstarch
2 to 4 drops yellow food coloring

In a small saucepan, drain in juice of the pineapple. Add sugar, flour, and food coloring. Bring to a boil and cook until thickened. Pour over pineapple chunks and cheese. Bake at 350° for 20 minutes.

Pat Hauschild

Heavenly Jam

1 lb. cranberries
1 gal. raw pears (ground)
3 oranges
1 pkg. Sure-Jell
7 lb. sugar

Grind pears and cranberries; berries grind better if frozen. Grind oranges, including rind of one. Bring all to a boil and simmer 30 minutes. Add Sure-Jell and sugar and bring to a boil. Cook 10 minutes. Skim off the foam and seal.

Portteus Latimer

Apples Pickles

7 lb. green apples (unpeeled)
4 lb. brown sugar
1 qt. vinegar
1 c. water
1½ tsp. cinnamon
1½ tsp. cloves

Wash, quarter, and core the apples. Combine the sugar, vinegar, water, and spices and boil (220°) until slightly thickened. Drop the apples into the syrup and boil 10 minutes. Pack in sterilized jars, cover with hot syrup, and seal. Makes 6 pints.

Agnes Hargadine

Orange Julius

1 (6 oz.) can frozen orange juice
2 c. skimmed or low-fat milk
1½ tsp. vanilla
½ c. sugar
4 to 6 ice cubes

Mix together and put in blender until slushy and foamy.

Susan Durham

Homemade Eagle Brand Milk

1 c. plus 1 Tbsp. nonfat dry milk powder
½ c. warm water
¾ c. sugar

Mix milk powder and warm water well; set in pan of hot water. Stir in sugar. Stir well until sugar dissolves. Cool to room temperature. This equals 1 cup Eagle Brand milk.

Susan Durham

Hot Jalapeno Jelly

2 large green peppers
8 fresh jalapeno peppers
6½ c. sugar
1½ c. white vinegar
3 tsp. lime juice
2 (3 oz.) pkg. liquid fruit pectin
Green or red food coloring

Seed green pepper, jalapeno peppers and rough chop. Put in blender. Add ½ of vinegar and blend on high until the peppers are pulverized. Pour into 8 to 10 quart cooking pot. Rinse out blender with rest of vinegar and pour into pot. Add sugar and lime juice. Place 1 teaspoon oleo in pot and it will aid in stopping boil over. Bring to a rolling boil, stirring constantly. Boil for one minute. Add liquid pectin and return to boiling point for one minute. Stir constantly to avoid sticking. Remove from heat and skim off foam with metal spoon. Add food coloring, a few drops. Quickly ladle into jars that have been sterilized and seal with hot paraffin.

Susan Durham

Fudge Sickles

Mix 1 package chocolate instant pudding according to the directions. Add ½ cup cream or ½ cup ice cream (2 cups make a larger amount). Add ¼ cup sugar. Pour into molds or paper cups and freeze.

Karen Barker

Party Mix

12 Tbsp. margarine
4 tsp. Worcestershire sauce
2 Tbsp. salt (or 1 tsp. salt and 1 tsp. garlic or onion salt)

Melt butter in a shallow pan over low heat. Stir in the Worcestershire sauce and seasoned salt.

Mix together:

4 c. Corn Chex
2 c. Cheerios
4 c. Rice Chex
1 c. pretzels
1 c. cheese crackers
1 can salted nuts

Blend together mix and sauce. Place in a large pan and stir often (about every 15 minutes), in a 250° oven. Cook for about 45 minutes. Spread out on an absorbent paper towel to cool.

Karen Barker

Pop Sickles

2 c. water
¾ c. sugar
1 pkg. Jell-O
Additional 2 c. water
1 pkg. Kool-Aid (same flavor)

Boil sugar, 2 cups water, and add Jell-O and Kool-Aid. Add other 2 cups water and pour into mold or paper cups. Add sticks and freeze.

Karen Barker

Popsicles

1 c. hot water
¾ c. sugar
3 c. cold water
1 pkg. Jell-O (small)
1 pkg. Kool-Aid (same flavor as the Jell-O)

Mix Jell-O, sugar, Kool-Aid, and hot water together. Add cold water. Pour into ice cube trays and add sticks. Freeze.

Karen Barker

Spicy Toasted Pecans

½ lb. pecans, shelled (2½ c.)
1 Tbsp. margarine, melted
½ c. sugar
½ tsp. nutmeg
½ tsp. cinnamon

Toss nuts with melted margarine. Spread in a shallow pan. Sprinkle with sugar and spices. Bake in a 350° oven, stirring often, until toasted, about 15 to 20 minutes.

Karen Barker

Sweet Dill Pickles

1 qt. whole dills, cut in fourths or eighths
2 c. sugar
½ c. vinegar
½ tsp. mustard seed
½ tsp. celery seed

Drain the pickles of the juice in the jar. Add sugar to the jar and let sit overnight. Add vinegar and seeds and let set a few hours before eating.

1 qt. dill slices
2 c. sugar
½ c. vinegar
1 tsp. mustard seed
1 tsp. celery seed

Drain pickles of juice and soak in fresh water for 20 minutes. Drain off this water. Make a syrup of the sugar, vinegar, mustard, and celery seeds. Return pickle slices to original jar or other container as desired. Pour syrup over pickles. Stir or shake often for four days. Store in refrigerator.

Carol Jean Brownlee

Wonderful Window Cleaner

½ c. ammonia (all-purpose)
1 pt. rubbing alcohol
1 tsp. blue Dawn dish soap

Put ammonia, rubbing alcohol, and soap in a gallon glass jug with lid. Add enough water to make the gallon. Refill your spray bottle each time.

Cynthia Morton

Bird Seed for Wild Birds

2 c. smooth or chunky peanut butter
2 c. shortening
2 c. flour
6 to 8 c. corn meal
½ c. bird seed

Melt peanut butter and shortening in large saucepan over medium heat; stir in dry ingredients. Turn dough out into wax paper lined pan, 9x13 inches. Let stand till cool. Cut to fit suet feeders. Refrigerate extra.

Cynthia Morton

Bug Eliminator

Equal parts of Borax and Tide detergent mixed together and sprinkled around base boards, across door sills, and in window sills. Works on roaches and ants.

Delma Small

Notes

Index of Recipes

Appetizers, Beverages

Anytime Dip 2
Barbecue Sauce 12
Borden's Sweetened Condensed Milk 12
Butter Balls 7
Caramel Popcorn 6
Cheese Ball 6
Cheese Beef Balls 10
Christmas Moonshine 10
Christmas Punch 13
Classic Guacamole 3
Cocoa Fudge 8
Corn Dip 2
Curry Dip 1
Deli Loaf 10
Divinity Fudge 5
Easy Caramel Corn 7
Eggnog 9
Guacamole Dip 5
Hamburger Cheese Dip 4
Holiday Punch 10
Hot Artichoke Dip 1
Hot or Mild Sauce 4
Hot-Pepper Jelly 11
Hot Punch 13
Hot Sauce 12
Hot Spiced Chocolate 13
Long John Silver's Seafood Batter 13
Mexican Chocolate 2
Mexican Hot Sauce 11
Microwave Caramel Corn-Crispix 5
Mild/Medium/Hot Dip 3
Mini Cajun Hot Stuffed Peppers 3
My Mom's Great Peanut Brittle 7
No Bake Snack Cracker Mix 5
Onion Dip 4
Pinto Bean Fudge 6
Ponche (Mexican Hot Cider) 14
Popcorn Ball Syrup 6
Popcorn Balls 6
Punch 9
Salsa Supreme 12
Salt Water Taffy 8
Snickerdoodles 8
Sparkling Strawberry Punch 9
Summer Cooler 9
Turkey (or Carp) Loaf 11
Vegetable Dip 4
Victorian Tea Sandwiches 1
Zesty T.V. Mix 4

Soups, Salads

Airplane Salad 25
Almond Chicken Salad 32
Apricot Jello Salad 18
Blueberry Salad 21
Broccoli Salad 26
Broccoli Suzanne 26
Cabbage-Onion Salad 29
Caramel Apple Salad 23
Cauliflower Salad 25
Cheese Salad 20
Cheesy Potato Soup 16
Cheesy Potato Soup 18
Cherry Salad 23
Chicken Salad 30
Chicken Salad 31
Chicken Salad 31
Chili 17
Christmas Jello 20
Chunky Cinnamon Applesauce 33
Clark's Salad 29
Cloud Nine Salad 23
Corn Bread Salad 24
Cranberry Yum-Yum Salad 19
Cucumber Salad 32
Diet Soup 18
Fresh Broccoli Salad 27
Frozen Fruit Cup 19
Fruited Chicken Salad 31
Garlic Salad 25
German Potato Salad 26
Hot Pineapple Salad 20
Jello Salad Orange Blush 24
Lemon Jell-O Salad 32
Macaroni Salad 25
New England Clam Chowder 17
Orange Apricot Salad 21
Popcorn Salad 24
Potato Soup 15
Pretzel Salad 22
Pretzel Salad 33
Salmon Salad 32
Seven Up Salad 22
Spicy Tomato Soup 16
Strawberry Salad 19
Summer Veggie Salad 28
Swiss Potato Soup 16
Tapioca Salad 23
Tuna Salad 30
Tuna Salad 30
Vegetable Salad 27
Vegetable Salad 28
Vegetable Soup 15
Watergate Salad 19
White Chili 17
Yummy Salad 24
Yum-Yum Salad 21

Vegetables

Asparagus Casserole 36
Bake Ahead Potatoes 43
Baked Corn 37
Baked Zucchini 42
Broccoli and Cauliflower Salad 45
Cajun Beans 40
Calabacutas 44
Caramel Sweet Potatoes 42
Cheesy Crock Pot Potatoes 41
Company Carrots 37
Copper Pennies 43
Corn Bake 44
Corn Fritters 38
Creamed Green and Wax Beans 36
Crock Pot Corn 40
Easy Scalloped Potatoes 41
Escalloped Potatoes 39
Make-Ahead Potatoes 36
Mitzi Calico Beans 40
Old Fashioned Sweet-Sour Cole Slaw 39
Potato Casserole 37
Ratatouille 44
Scalloped Cabbage Deluxe 35
Sour Cream Cucumbers 35
Sour Creamed Corn 43
Spinach Pesto and Pasta Toss 41
Sweet Potato Souffle 39
Vegetable Garden Primavera 42
Whipped Sweet Potatoes Covered with Brown Sugar Pecan Topping 38

Main Dishes

Arroz con Pollo (Rice with Chicken) 53
Baked Chicken 60
Baked Eggs 59
Bar-B-Q Ribs 63
Bar-B-Q Sauce 63
Barbecued Spareribs 72
Breakfast Casserole 52
Cashew Chicken 52
Chicken and Noodles 66
Chicken and Rice Casserole 48
Chicken Broccoli Casserole 48
Chicken Delight 52
Chicken Enchilada Casserole 51
Chicken Enchilada Casserole 51
Chicken Enchiladas 48
Chicken Enchiladas 50
Chicken Fried Steak 59
Country Club Potatoes 68
Creamed Chicken and Biscuits 47
Crunchy Potato Bites 64
Dinner Casserole 54
Dirty Rice 69
Double-Triple Hickory B-B-Q Sauce 58
Easy Chicken Pot Pie 50
Egg Casserole 71
Elephant Stew 56
Enchilada Casserole 65
Enchiladas 54
Fisherman's Wharf Trout Almandine 71
French Fried Rattlesnake 57
Glazed Ham Raisin Balls 69
Grilled Cheese Pita with Mustard and Apple Butter 53
Grilled Hawaiian Sandwich 54
Ham and Beans 65
Ham and Noodle Casserole 63
Ham and Scalloped Potatoes 68
Ham Loaf 49
Ham Loaf 70
Ham Loaf Sauce 70
Hungry Jack 51
Huntington Chicken 49
Huntington Chicken 50
Impossible Cheeseburger Pie 62
Impossible Lasagna Pie 56
Macaroni and Cheese Casserole 66
Meaty Baked Beans 49
Mexican Casserole 68
One-Dish Meal 48
Parmesan Chicken 47
Pedro's One Pot Meal 64
Pizza Flavored Casserole 59
Pizza Rolls 55
Sack Lunch 61
Salmon or Tuna Ring 72
Schintz Un Knepp 70
Shirley's Taco Pizza 55
Shrimp Mold 71
Souffle Casserole 55
Souffle Casserole 59
Spicy Fried Chicken, Quail, Turkey, Dove, Etc. 57
Spicy Rice Casserole 61
Swedish Meat Balls 60
Sweetish Meatballs 58
Taco Soup 73
Tamales 67
30 Minute Creamy Macaroni 62
Tostado Salad (Mexico) 60
Turkey Casserole 72
Venison Meat Balls Burgundy 56

Breads, Rolls

Beer Bread 82
Blue Plum Bread 81
Cheddar Melt Loaves 81
Corny Corn Muffins 77
Date Nut Bread 80
Ginger Bread 81
Herbed Batter Bread 76
Onion Batter Bread 77
Pumpkin Bread 79

Pumpkin Bread 80
Pumpkin Nut Bread 80
Red Lobster Cheese Biscuits 78
Refrigerator Roll Dough 75
Refrigerator Rolls 75
Refrigerator Rolls 76
Snack Bread 78
Sour Cream Banana Bread 79
Steve's Banana Bread 79
Strawberry Nut Bread 82
Superior Corn Bread 78

Desserts

Apple and Spice Cookies 101
Apple Crunch Cake 84
Applesauce Cake 102
Applesauce Cake 113
Applesauce Cake or Fruit Cake 114
Aunt Sallie's Cocoa Drops 102
Blueberry Dessert 116
Blueberry Pie 87
Buster Bar Dessert 85
Butterfinger Ice Cream 121
Cake That Doesn't Last 93
Caramel Corn 98
Cheesy Pie Filling Salad 115
Cherries in the Snow 115
Cherry-Chocolate Cake 115
Cherry Strudel Cake 89
Chocolate Applesauce Cake 101
Chocolate-Brownie Pie 105
Chocolate Cake 89
Chocolate Cake 100
Chocolate Creme Oreo Cheesecake 98
Chocolate Delight 97
Chocolate Ribbon Pie 120
Chocolate Sheet Cake 92
Chocolate Sheet Cake 99
Christmas Cookies 95
Cocoa Cola Cake 114
Cocoa Fudge 111
Coco-Macaroon Cake 112
Coffee Cake 90
Cowboy Cookies 103
Cranberry Mousse 103
Cranberry Sherbet 90
Cream Puffs 89
Cream Puffs 116
Crumb Crust 90
Custard Pie 84
Date Cake 94
Date Pudding 104
Double Layer Pumpkin Pie 106
Double Peanut Pie 120
Dutch Honey 100
Early American Pear Pie 106
Earthquake Cake 120
Easy Chocolate Cake 109
Favorite Coffee Cake 91
Favorite Fruit Cobbler 99
15 Minute Cookies 110
Fresh Peach Cake 91
Frosty Pumpkin Ice Cream Dessert 90
Fudge Nougats 95
German Cherry Mousse 83
Ginger Cookies 110
Grandmother's Cherry Cobbler 108
Hot Fudge 86
Lazy Chocolate Peanut Pie 107
Lemon Bars 97
Lemon Chiffon Custard 87
Mamie Eisenhower's Million Dollar Fudge Recipe 117
Martha Stewart's Banana Cream Pie 111
Microwave Peanut Brittle 119
Miracle Whip Cake 108
Mississippi Mud Cake 86
Mocha Cake 109
Mother's (Bertha Hutchins) Corn Pudding 86
Mother's Cake - Tried and True 104
No Bake Cookies 85
No Bake Cookies 110
No Roll Sugar Cookies 95
Nutmeg Cake 85
Oatmeal Chippers 103
Oatmeal Cookies 102
Oatmeal Cookies 111
Oatmeal Sugar Cookies 88
Old Timey Snow Ice Cream 83
Orange Cake 107
Panocha Nut Roll 112
Peaches and Cream Pie 105
Peanut Brittle 100
Peanut Butter Candy Fudge 119
Peanut Butter Cheesecake 96
Peanut Butter Pie 83
Peanut Butter Rice Krispie Squares 110
Peanut Butter Sensations 119
Pumpkin Dessert 121
Pumpkin Pie Squares 94
Raw Apple Cake 93
Red Devil's Food Cake 101
Rice Pudding 87
Rice Pudding 104
Seven Layer Bar Cookie 113
Skor (Candy Bar) Cake 121
Strawberry Pie 107
Sugar Cookies 88
Sugarless Pie 108
Tropical Cake 92
Waffle Cookies 88
White Christmas Pie 118
Zucchini Brownies 93

Miscellaneous

Apples Pickles 125
Barbeque Sauce..... 124
Bird Seed for Wild Birds..... 129
Bug Eliminator..... 129
Fudge Sickles..... 126
Heavenly Jam..... 125
Homemade Eagle Brand Milk..... 126
Hot Jalapeno Jelly 126
Orange Julius..... 125
Party Mix..... 127
Pineapple-Cheese Sauce for Ham..... 125
Play Dough 123
Pop Sickles 127
Popsicles 127
Simple and Easy Hot Sauce..... 123
Spaghetti Sauce..... 124
Spicy Toasted Pecans 128
Sweet Dill Pickles 128
Taco Sauce..... 124
Wonderful Window Cleaner 128

Suggestions for Lowering Fat Content in Your Diet

FOOD CATEGORY	CHOOSE	DECREASE
Meat Fish Poultry	Lean cuts of meat with fat trimmed, such as: beef-round, sirloin, rump steak, loin Poultry without skin Pork tenderloin	"Prime" grade meats Fatty cuts, like: corned beef, brisket, short ribs, spareribs Goose, duck, organ meats, sausage, bacon, hot dogs, regular luncheon meats
Dairy Products	Skim milk, lowfat buttermilk, lowfat evaporated or nonfat milk Lowfat or nonfat yogurts and cheeses	Whole milk, cream, half & half, nondairy creamers, real or nondairy whipped cream, cream cheese, sour cream, ice cream, custard-style yogurt High-fat cheese, like: Brie, Swiss, American, Cheddar
Eggs	Egg whites, cholesterol and fat-free egg substitutes	Egg yolks (substitute 2 egg whites for 1 egg)
Fats Oils	Unsaturated vegetable oils (in limited quantities): corn, olive, peanut, canola, safflower, sesame, soybean Fat-free mayonnaise, cream cheese, and salad dressings Mustard and flavored vinegars (when cooking, use spray oils or nonstick pans and decrease amount of fat in recipe by ⅓ or substitute applesauce for fat)	Butter, coconut oil, palm kernel oil, palm oil, lard, bacon fat
Breads Cereals Pasta	Breads like whole wheat, pumpernickel, rye, pita, bagels, English muffins, rice cakes Lowfat crackers and bread sticks Plain cereals (hot and cold) Spaghetti and macaroni Any grain Dried peas and beans	Croissants, butter rolls, sweet rolls, pastries, doughnuts, most snack crackers, granola-type cereals made with saturated fats, egg noodles, pasta and rice prepared with cream, butter, or cheese sauces
Vegetables Fruits	Fresh, frozen, canned (no salt added)	Vegetables prepared in butter, cream, or sauce Fruits served in glazes

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Fat Facts

Reducing fat in the diet is a major focus in America today, and for good reason. A high fat diet can contribute to elevated blood cholesterol levels, a risk factor for heart disease. Excess dietary fat has also been linked to obesity and cancer. As a result, lower fat intake has become a priority for many.

Cholesterol is a fat-type substance found in all animal tissues. In adults, a blood cholesterol level below 200 milligrams per deciliter is desirable. A level above 240 milligrams is considered high. Blood cholesterol can also be broken into two categories: "good" and "bad" cholesterol. High density lipoproteins (HDL) are known as "good" cholesterol because of their high protein content and low cholesterol content, and because people with higher HDL levels have a lower incidence of heart disease. Low density lipoproteins (LDL) contain more cholesterol than HDL and are responsible for cholesterol build-up on artery walls, thus earning the label "bad" cholesterol. A lowfat, low cholesterol diet, as well as exercise and being at a desirable weight, can help lower blood cholesterol levels and raise HDL levels.

Dietary fat can be divided into three different types: saturated, polyunsaturated, and monounsaturated. Foods we eat contain a mixture of these fats.

- **SATURATED FATS** are generally solid at room temperature. They have been shown to increase blood cholesterol levels. Saturated fats are primarily found in animal products such as butter, milk, cream, and lard. Some plant foods, such as palm oil, coconut oil, vegetable shortening, and some peanut butters also contain large amounts of saturated fats.
- **POLYUNSATURATED FATS** tend to lower blood cholesterol levels. These fats are found in high concentrations in vegetable oils, and are usually liquid at room temperature. Fats such as sunflower oil, corn oil, and soft margarines have large amounts of polyunsaturated fats.
- **MONOUNSATURATED FATS** have also been shown to decrease cholesterol levels in the blood. They can be liquid or solid at room temperature, and can be from plant or animal sources. Olive, peanut, and canola oils are high in monounsaturated fats.
- **DIETARY CHOLESTEROL** comes from animal sources such as meat, poultry, fish and other seafood, and dairy products. Egg yolks and organ meats contain high amounts of dietary cholesterol.
- **HYDROGENATION** is a chemical process in which hydrogen is added to unsaturated oils to make them firmer at room temperature. Hydrogenated fats such as shortening or margarine are more saturated than the oil from which they are made. When choosing a margarine, pick one with 2 grams or less saturated fat per tablespoon.

Heart Healthy guidelines include: (1) Limit total fat intake to 30% or less of total calories. (2) Of these calories, up to one-third can be saturated fat, and the remaining two-thirds should come from polyunsaturated and monounsaturated sources. (3) Limit daily cholesterol intake to 300 milligrams or less.

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Calculating Percent Fat

To achieve a desirable percentage of total calories from fat, it is helpful to know how much fat is in individual foods. To determine the percentage of a food's total calories that come from fat, you can use the following formula. In order to calculate this percentage, you need to know the total calories and the grams of fat per serving, both of which are usually listed on the food label.

$$\frac{\text{grams of fat} \times 9^{*}}{\text{total calories}} \times 100 = \%\ \text{of total calories from fat}$$

* Each gram of fat contains 9 calories. Multiplying grams of fat by 9 gives the total calories from fat. On food labels, this number has already been calculated, and is listed on the same line as total calories.

When reading a food package, the front of the label may not tell the whole story. For instance, a package of boiled ham might claim to be 96% fat free. From this information, the consumer might assume that the food contains 4% fat, which is well within the recommended guideline of eating foods with 30% or less of total calories from fat. Although the 96% fat free claim is truthful, it refers to the amount of fat by weight rather than by the food's total calories. To get a clearer picture, use the above calculation. The label of the boiled ham shows 60 calories and 2.5 grams of fat per serving.

$$\frac{2.5\ \text{grams of fat} \times 9}{60\ \text{total calories}} \times 100 = 37\%\ \text{of total calories from fat}$$

By calculating the percentage of total calories from fat, you can make more informed decisions about the nutritional qualities of foods. In this case, the ham may be lower in fat than other ham products, but it is still above the 30% guideline. If you are trying to follow a lowfat diet, you should eat this food in moderation.

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"Heart Healthy" Recipe Substitutions

ORIGINAL INGREDIENT	ALTERNATIVE	REDUCES: TF	SF	C
1 pound ground beef	• 1 pound ground turkey	✔	✔	✔
1 ounce Cheddar, Swiss, or American cheese	• 1 ounce lowfat cheese • 1 ounce part-skim cheese (Mozzarella)	✔ ✔	✔ ✔	✔ ✔
1 egg	• 2 egg whites • ¼ c. low cholesterol egg substitute	✔ ✔	✔ ✔	✔ ✔
1 c. whole milk	• 1 c. skim milk	✔	✔	✔
1 c. cream	• 1 c. evaporated skim milk	✔	✔	✔
1 c. sour cream	• 1 c. nonfat sour cream • 1 c. plain nonfat yogurt • 1 c. lowfat cottage cheese plus 1 to 2 tsp. lemon juice, blended smooth	✔ ✔ ✔	✔ ✔ ✔	✔ ✔ ✔
1 ounce cream cheese	• 1 ounce nonfat cream cheese • 1 ounce Neufchatel cheese	✔ ✔	✔ ✔	✔ ✔
1 c. butter	• 1 c. margarine • 1 c. vegetable oil		✔ ✔	✔ ✔
1 c. shortening	• 7 oz. vegetable oil		✔	
1 ounce baking chocolate	• 3 Tbsp. cocoa powder plus 1 Tbsp. vegetable oil		✔	
roux: 1 part fat 1 part starch	• ½ part fat to 1 part starch	✔		
1 can condensed cream soup	• Mix together: ½ c. nonfat dry milk 2 Tbsp. cornstarch 2 tsp. low sodium chicken bouillon ¼ tsp. onion powder ⅛ tsp. garlic powder ¼ tsp. basil ¼ tsp. thyme ¼ tsp. white pepper 9 oz. cold water Add the following if desired: ¼ c. chopped celery *or* ½ c. sliced mushrooms Heat to a boil; stir frequently. Per "can": 215 calories, 1g fat, 8mg cholesterol, 200mg sodium	✔	✔	✔

KEY:
TF = total fat
SF = saturated fat
C = cholesterol

Food Labeling Definitions

Government regulations give specific guidelines as to what words can be used on a food label to describe the product. Here is a list of these descriptive terms.

FREE A product must contain no amount or only an insignificant amount of one or more of the following: fat, saturated fat, cholesterol, sodium, sugar, and calories. The terms *no, without,* and *zero* can also be used.

Calorie-free: less than 5 calories per serving
Sugar-free or Fat-free: less than 0.5g per serving
Sodium-free: less than 5mg per serving

LOW This term can be used when referring to one or more of the following: fat, cholesterol, sodium, and calories. The terms *little, few,* and *low source of* can also be used.

Low calorie: 40 calories or less per serving
Lowfat: 3g or less per serving
Low saturated fat: 1g or less per serving
Low cholesterol: less than 20mg per serving
Low sodium: less than 140mg per serving
Very low sodium: less than 35mg per serving

LEAN Meat, poultry, and seafood containing less than 10g of fat, less than 4g saturated fat, and less than 95g of cholesterol per 3.5 oz. serving.

EXTRA LEAN Meat, poultry, and seafood containing less than 5g of fat, less than 2g saturated fat, and less than 95g of cholesterol per 3.5 oz. serving.

HIGH One serving of a product must contain 20% or more of the *Daily Value* (recommended daily intake of a nutrient).

GOOD SOURCE One serving must contain 10% to 19% of the Daily Value.

REDUCED A nutritionally altered product containing 25% less of a nutrient or of calories than the regular product. If the regular product already meets the criteria for *low, a reduced* claim cannot be made.

LESS A food that contains 25% less of a nutrient or of calories than a similar food. Cream cheeses that have 25% less fat than butter could use the term *less* or *fewer.*

LIGHT This term can still be used to describe food characteristics such as color and texture if the label makes the meaning clear; for example, *light brown sugar.*
The term also carries two other meanings:

- A nutritionally altered product that contains one-third less calories or half the fat of the original food
- A food's sodium content has been cut by 50% or more

MORE A food using this claim must contain 10% more of the Daily Value of a nutrient than the reference food. To use the words *fortified, enriched,* or *added,* this standard must also be met.

UNSALTED, NO SALT ADDED, or WITHOUT ADDED SALT The sodium naturally found in the product is still there, but it has been prepared without the salt that is normally added.

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Sodium

Sodium is a mineral used by the body to maintain a proper balance of water in the blood. Although it is a vital nutrient, the body needs very little sodium to stay healthy. Because it is found naturally in some foods and is added to many other foods, getting too little sodium is usually not a problem. A high sodium diet, on the other hand, can contribute to high blood pressure in some people. Reducing sodium intake in the diet may help prevent or control high blood pressure. It is hard to know who will develop high blood pressure, or who might benefit from eating less sodium. For these reasons, and because most individuals consume much more sodium than needed, it is generally suggested that we reduce sodium intake.

Table salt is the major source of sodium in our diet. It is made up of about half sodium and half chloride. An adult diet containing between 1,100mg and 3,300mg of sodium per day is considered adequate. One teaspoon of salt contains 2,000mg of sodium.

WAYS TO REDUCE DIETARY SODIUM

- Taste food before salting. Salt food only sparingly at the table.
- Cut back on sodium slowly to give the body time to adjust to less salty flavors. *Salt-craving* taste buds will eventually be replaced by new ones that do not have an affinity for salt.
- Choose foods that have little or no sodium added. In general, the more processed the food, the more sodium it contains. For example, processed turkey breast purchased at a deli has considerably more sodium than fresh turkey breast.
- In many recipes, the salt can be cut back or even eliminated without greatly affecting the taste. Experiment with recipes at home, using less salt each time and using low sodium substitutes for high sodium ingredients.
- Read labels on food packages. Compare the sodium content to similar items and to the recommended sodium intake for an entire day.
- Limit intake of high sodium foods such as cheeses, processed meats, soups, broths, snack foods, canned vegetables and vegetable juices, pickled vegetables, gravies, sauces, commercial casserole mixes, frozen dinners, and condiments. In many cases, lower sodium alternatives are available.
- When eating in restaurants, ask for foods to be prepared without added salt and request to have sauces, gravies, dressings, and condiments served on the side.
- Use herbs and spices instead of salt to enhance the flavor of foods. Check the label of seasonings to be sure they do not contain sodium. Use onion powder rather than onion salt, garlic powder instead of garlic salt. In place of seasoning salt, try commercially prepared herb and spice blends or make your own.

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Low Sodium Seasoning Suggestions

	Allspice	Basil	Bay Leaves	Caraway Seed	Celery Seed	Chives	Curry Powder	Dill	Garlic	Ginger	Dry Mustard	Onion Powder	Oregano	Rosemary	Sage	Tarragon	Thyme
Beef	✔									✔	✔				✔	✔	
Pork				✔					✔						✔		✔
Veal			✔				✔			✔				✔			✔
Ground Meat	✔	✔			✔				✔		✔						
Poultry			✔				✔			✔				✔		✔	
Fish						✔	✔	✔								✔	
Eggs					✔		✔						✔	✔			
Soups/Stews	✔	✔	✔	✔	✔			✔				✔					✔
Sauces		✔												✔		✔	
Pasta				✔													
Rice		✔					✔					✔					
Popcorn									✔								
Asparagus				✔													
Beets				✔													
Broccoli											✔		✔				
Cabbage				✔				✔									
Carrots			✔	✔													
Cauliflower							✔									✔	
Green Beans								✔			✔						
Lima Beans						✔	✔								✔		
Potatoes										✔					✔		✔
Tomatoes		✔					✔		✔				✔				
Salads				✔		✔						✔					

Try this low sodium spice blend in your shaker instead of salt:

1 Tbsp. dry mustard
1 tsp. garlic powder
1½ Tbsp. onion powder
½ Tbsp. ground pepper
½ Tbsp. thyme, crushed
1 tsp. sage
½ tsp. marjoram, crushed
1 Tbsp. paprika
½ tsp. basil, crushed
½ tsp. ground oregano

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Food Safety Guidelines

Food safety is an important part of food preparation. Bacteria that cause food-borne illnesses are present in many foods. Fortunately, with proper handling and cooking of foods, the danger from these bacteria and the toxins they may produce can be greatly reduced.

Follow these safety guidelines to help protect against food-borne illnesses:

Keep the temperature in the refrigerator between 35° F. and 40° F. A freezer should be at 0° F. or below.

Thaw all meat, fish, or poultry in the refrigerator. Do not thaw on the kitchen counter. For faster thawing, a microwave can be used, but meat should be cooked immediately after thawing.

Cook all meat and poultry thoroughly. The following chart is a guide.

FOOD	MINIMAL INTERNAL TEMPERATURE
Ground Meat	160° F.
Ground Poultry	165° F.
Beef, Veal, Lamb	145° F.
Pork	160° F.
Poultry	170° F.

Cook fish until it is opaque, firm, and flakes easily with a fork.

Cook eggs until the white is set and the yolk is starting to thicken. Do not eat raw eggs or those with cracks in the shell. Separate the egg white from the yolk by using an egg separator or a slotted spoon rather than by using the shell.

Once cooked, hold food at temperature below 40° F. or above 140° F. Do not allow perishable food to sit between these temperatures for more than two hours. This is considered the *danger zone* at which bacteria can readily grow or produce toxins.

Cool foods such as soups, sauces, and gravies in shallow pans no more than two inches deep.

Keep raw animal products and their juices separate from other foods.

- Place raw meat on a plate or pan in the refrigerator to keep juices from dripping on other foods.
- Wash kitchen surfaces, utensils, and hands after they have been exposed to raw meat, poultry, fish, and eggs.
- Thoroughly clean cutting boards used for raw meat before using them for cooked foods or foods to be eaten raw, such as salad greens.
- Use a clean container to hold cooked meat. Do not reuse the container that held the raw meat without cleaning it first.

When roasting a turkey or chicken with stuffing, it is best to cook the stuffing in a separate pan instead of in the cavity of the bird. If you choose to stuff the bird, however, do so just prior to putting it in the oven. When checking for doneness, make sure a thermometer placed into the center of the stuffing reads at least 165° F.

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Basic Guidelines for Losing Weight

There are many diets and weight loss products available for those struggling to lose weight. The sad reality, however, is that most diets do not work. In the long run, people often regain even more weight than they originally lost. There is hope for those who want to shed some extra pounds. The key to long-term weight reduction is gradual and permanent changes in lifestyle habits.

Decrease the amount of total fat eaten. Fat has more than twice the calories of carbohydrates or protein. Thus, even small amounts of high fat items such as butter, margarine, oil, sauces, and gravies can contain large amounts of calories. Dietary fat is also the nutrient most easily converted into body fat. Much of the carbohydrates and protein we eat are burned up before they can be stored as fat.

Eat a variety of foods and do not restrict certain foods from the diet. In general, it is not the occasional food that keeps someone from achieving a desirable weight; it is what is eaten on a daily basis. For example, limit dessert to one or two times per week instead of after each meal. Forbidding foods often makes them more desirable, and may undermine weight loss efforts.

Eat breakfast. People who eat breakfast are generally more successful at losing weight.

Try not to eat before going to bed. Food eaten at this time of day is often not burned up and is more likely to be stored as fat.

Eat single portions of food and give the body time to signal that it is full. Often we eat so fast that the second portion of food is almost gone before the body can signal that it was satisfied after the first.

Eat foods high in complex carbohydrates. This includes breads, cereals, pasta, rice and other grains, fruits, and vegetables. Although many weight loss diets in the past have limited starchy foods, it is the high fat items that often accompany these foods that inhibit weight loss efforts, not the starchy foods themselves.

Exercise. Aerobic exercise is an excellent way to achieve and maintain a desirable weight. Walking, jogging, biking, and rowing are examples of aerobic activities. Before beginning any exercise program, it is a good idea to consult a physician.

Do not starve yourself. Low calorie diets may slow a body's metabolism, making weight loss more difficult.

Lose weight slowly, 1 to 2 pounds per week is desirable. Most people who need to lose weight need to lose excess fat. The body cannot burn off more than a few pounds of fat per week. Faster weight loss is probably due to muscle breakdown.

Set reasonable weight goals. Despite our society's obsession with thinness, it is not practical for most of us to expect to have the body of a model. Instead, setting a goal which is achievable and maintainable may, over time, result in greater physical and psychological health benefits.

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Understanding the Nutrition Facts Food Label

The ***Nutrition Facts*** food label is designed to help the consumer make nutritious choices when selecting foods. It can be found on most packaged products in the grocery store. Information about serving size, calories, and several nutrients help to give an overall picture of the nutritional qualities of each food. The label on the following page is a typical example, although some labels list additional nutrients.

Serving Sizes have been set at an amount that people would typically eat. If your normal serving is smaller or larger, adjust the nutrient values accordingly. Serving sizes are in standard household and metric measures. Metric abbreviations used on the label include:

g: grams - 28g = 1 ounce
mg: milligrams - 1,000mg = 1g
ml: milliliters - 30ml = 1 fluid ounce

Nutrients listed are those considered to be important to today's health conscious consumer. These include total fat, saturated fat, cholesterol, sodium, and fiber.

The ***Percent of Daily Value*** tells you if the food is high or low in a particular nutrient. It also shows how that food fits into an entire day's diet. Percent of Daily Values are based on a 2,000 calorie diet and on current dietary guidelines. An individual's daily values may be higher or lower depending on calorie needs. As a rule of thumb, if the Daily Value is 5% or less, the food contains only a small amount of that nutrient. For total fat, saturated fat, cholesterol, and sodium, foods with a low Percent of Daily Value are good choices.

Terms used on the label to describe the food's nutritional content have strict definitions set by the government. Eleven ***Descriptive Terms*** have been identified: *free, low, lean, extra lean, less, reduced, light, fewer, high, more, and good source.* Because precise guidelines must be met for a food to use one of these terms, you can be assured that the claim is believable. For example, if a food claims to be sodium free, it must have less than 5ml of sodium per serving.

Claims regarding a food's relationship to various health-related conditions must also meet specific guidelines. To make a health claim about fats and heart disease, a food must be low in total fat, saturated fat, and cholesterol. A food making a statement regarding blood pressure and sodium must be low in sodium.

The ***Ingredients List*** is located in a separate location on the label. Ingredients are listed in descending order by weight; thus, if the first ingredient is sugar, there is more sugar in that product than anything else.

See the following page for an example of the Nutritional Facts Food Label.

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The Nutrition Facts Food Label

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 260 Calories from Fat 120

	% Daily Value*
Total Fat 13g	**20%**
Saturated Fat 5g	**25%**
Cholesterol 30mg	**10%**
Sodium 660mg	**28%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein 5g	

Vitamin A 4% • Vitamin C 2%

Calcium 15% • Iron 4%

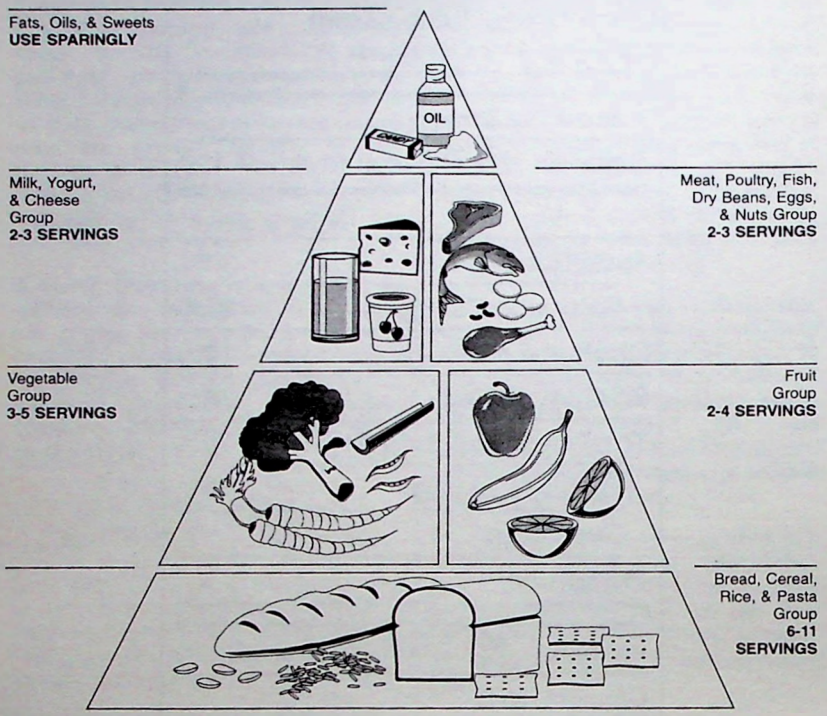
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	60g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

The Food Guide Pyramid

A Guide to Daily Food Choices



What is the Food Guide Pyramid?

The Pyramid is an outline of what to eat each day. It's not a rigid prescription, but a general guide that lets you choose a healthful diet that's right for you.

The Pyramid calls for eating a variety of foods to get the nutrients you need and at the same time the right amount of calories to maintain a healthy weight.

The Pyramid also focuses on fat because most American diets are too high in fat, especially saturated fat.

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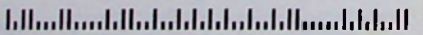

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